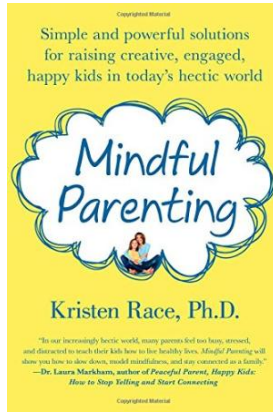


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MINDFUL PARENTING



Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, Mindful parenting, Kristen Race, This title features a mindful approach to parenting that helps children (and their parents) feel happier, healthier, calmer, and less stressed in our frenetic era. Rooted in the science of the brain, and integrating cognitive neuroscience and child development, Mindful Parenting is a unique program that speaks directly to today's busy families who make up what Dr. Race calls "Generation Stress." Research has shown that mindfulness practices stimulate...

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- Authored by Kristen Race
- Released at -



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Reviews

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

-- **Michale Shields**

This book will never be straightforward to start on looking at but extremely exciting to read. I actually have read through and that i am sure that i am going to gonna go through once more again in the future. I am happy to explain how this is the very best book i have read through in my individual lifestyle and may be he best publication for at any time.

-- **Estrella Howe DVM**

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