



Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World

Kristen Race

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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 the prefrontal cortex of the brain. Regular stimulation of this part of the brain helps us feel happier, healthier, calmer, less anxious, less stressed, and makes it easier for us to concentrate and think clearly?the very behavior we are hoping our children will display.

Dr. Race provides:

An explanation of the way the brain works and why parents and kids today are more stressed, anxious, and angry than ever before

Practical solutions to the problem: Things parents can do to change brain patterns and create a more relaxed and happier home

"Brain Coolers": Quick tips that can be used in the moment to help families relax, recharge, and create happiness (such as "The Three Breath Hug")

Mindful Parenting understands the realities of raising a family in our fast paced and often-frenetic world and provides hundreds of easy-to-implement solutions, both for parents and their children, to help them manage stress, create peace, and live happier lives.

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Rose Nguyen:

Have you spare time for any day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a go walking, shopping, or went to the actual Mall. How about open as well as read a book eligible Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World? Maybe it is being best activity for you. You realize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with its opinion or you have different opinion?

Emily Meredith:

Often the book Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World has a lot of knowledge on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Mcdougal makes some research prior to write this book. This specific book very easy to read you can get the point easily after reading this book.

Michael Patterson:

Is it a person who having spare time and then spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something totally new? This Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World can be the reply, oh how comes? The new book you know. You are thus out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these textbooks have than the others?

Mary Ransom:

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