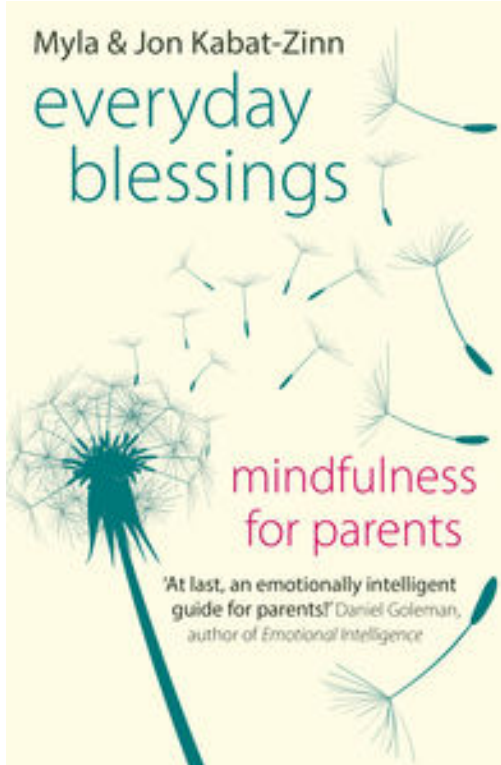


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In the rush, rush, rush of too-much-to-do-and-no-time-to-do-it , the important, nurturing aspects of parenthood can easily disappear. Even the smallest degree of mindfulness can have profound effects on children, no matter how old they are, and on the quality of parent-child relationships. Jon Kabat-Zinn, a mindfulness pioneer, and his wife Myla share their experiences of using mindfulness within their own family. By encouraging moment-to-moment awareness and acceptance, this thoughtful and practical book will help you to slow down, grow in compassion, enrich your life as a parent and nourish

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