



Zen the Path of Mindful Parenting: Meditations on Raising Children (Hardback)

By Clea Danaan

The Ivy Press, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Modern parenting can be a relentless and stressful job, defined by tasks, chores and goals. Zen The Path of Mindful Parenting offers an alternative perspective on the reality of raising children. Clea Danaan explores how parenting can become a mindful practice and naturally shares an opportunity for personal, spiritual growth. Through a series of frank anecdotes and meditative insights on the challenges and joys of parenting, she reveals how a heart-led, mindful awareness is the only manual a family will ever need.



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