



Parenting in the Present Moment: How to Stay Focused on What Really Matters

Carla Naumburg

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This generation of parents is overwhelmed with parenting advice; Carla Naumburg sets out to remind them that they have everything they need to raise healthy, happy children. Mindful parenting is about paying attention to what is going on with your children and yourself without judging it or freaking out about it or thinking everyone, including yourself and your child, should be doing something differently. In *Parenting in the Present Moment*, Naumburg shares what truly matters in parenting—connecting with children in ways that are meaningful to them and you, staying grounded amidst the craziness of parenting, and staying present for whatever life throws your way.

With reassuring, compassionate storytelling, she weaves the most current theories—about healthy relationships, compassionate self-care, and mindfulness—throughout vignettes of her own chaotic childhood and parental struggles. She shows how mindfulness creates a solid foundation for any style of parenting, regardless of your cultural background, socio-economic status, or family structure. She also introduces the STAY model for tough times: Stop whatever it is you're doing; Take a Breath; Attune to you thoughts and those of your child; and Yield to what is happening so you can respond from a place of connection and compassion.

Parenting is an ongoing journey that constantly challenges every parent. *Parenting in the Present Moment* will help each family find its own way.

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Why don't make it to be your habit? Right now, try to ready your time to do the important act, like looking for your favorite guide and reading a book. Beside you can solve your problem; you can add your knowledge by the guide entitled Parenting in the Present Moment: How to Stay Focused on What Really Matters. Try to make the book Parenting in the Present Moment: How to Stay Focused on What Really Matters as your good friend. It means that it can being your friend when you sense alone and beside associated with course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you far more confidence because you can know almost everything by the book. So , we should make new experience and also knowledge with this book.

Gordon Miller:

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Eric Kinlaw:

The book untitled Parenting in the Present Moment: How to Stay Focused on What Really Matters contain a lot of information on that. The writer explains her idea with easy way. The language is very easy to understand all the people, so do certainly not worry, you can easy to read the idea. The book was authored by famous author. The author will take you in the new era of literary works. You can read this book because you can read more your smart phone, or model, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site as well as order it. Have a nice examine.

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