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Sinopsis

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In the rush, rush, rush of too-much-to-do-and-no-time-to-do-it, the all-important, nurturing aspects of parenthood can easily disappear. Jon Kabat-Zinn, author of *Wherever You Go, There You Are* and Myla Kabat-Zinn have collaborated on *Everyday Blessings*, a book that approaches parenting from the Zen Buddhist position of moment-to-moment awareness. It's a beautiful presentation and a thoughtful approach to mindful meditation that will help you slow down, enrich your life as a parent, and nourish the internal life of your children. --This text refers to an out of print or unavailable edition of this title.