



# Buddhism for Mothers of Young Children: Becoming a Mindful Parent

By Sarah Napthali

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**Buddhism for Mothers of Young Children: Becoming a Mindful Parent** By Sarah Napthali

**From the author of the acclaimed *Buddhism for Mothers*, a guide to discovering the path to meaningful, spiritual, and satisfying motherhood**

A combination of personal narrative and stories gathered from mothers, this guide shows how spiritual and mindful parenting can help all mothers—Buddhists and non-Buddhists—be more open, attentive, and content. By guiding mothers on a spiritual path, this evocation also helps them cultivate wisdom, open-heartedness, and a better understanding of themselves and their children. The Buddhist teachings and principles help answer questions that all mothers face, especially those with young children: *Who are my children? Who am I? How can I do my best by my children and myself? What to do about all that housework? and Is this all?* Written in a clear and engaging style, this warm and simple meditation facilitates parenting with awareness, purpose, and love.

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#### Review

“A lovely book for anyone that wants to become more present in their parenting.” —AmericanBuddhist.net

“If you liked her first book, *Buddhism for Mothers*, you'll adore this one. It'll give you a new perspective on parenting and may even help you enjoy it more.” —*Sunday Telegraph*

#### About the Author

**Sarah Napthali** is a mother of two who tries to apply Buddhist teachings in her daily life. She is the author of *Buddhism for Mothers* and *Buddhism for Mothers of Schoolchildren*.

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