



Buddhism for Mothers: A Calm Approach to Caring for Yourself and Your Children

Sarah Naphali

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Firmly grounded in the day-to-day reality of being a mother, this revolutionary guide discusses Buddhist teachings as applied to the everyday challenges of bringing up children

Teaching how to become a calmer and happier mother through Buddhist teachings, this enlightened book helps mothers achieve their full potentials to be with their children in the all-important present moment, as well as to gain the most possible joy out of being with them. Parenthood can be a time of great inner turmoil for a woman—yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different; simply put, it's a book for mothers. Using Buddhist practices, Sarah Naphali offers ways of coping with the day-to-day challenges of motherhood. These ways also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering, *Buddhism for Mothers* can help enable a shift in perspective—so that a mother's mind can guide them through the day instead of dragging them down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents.

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