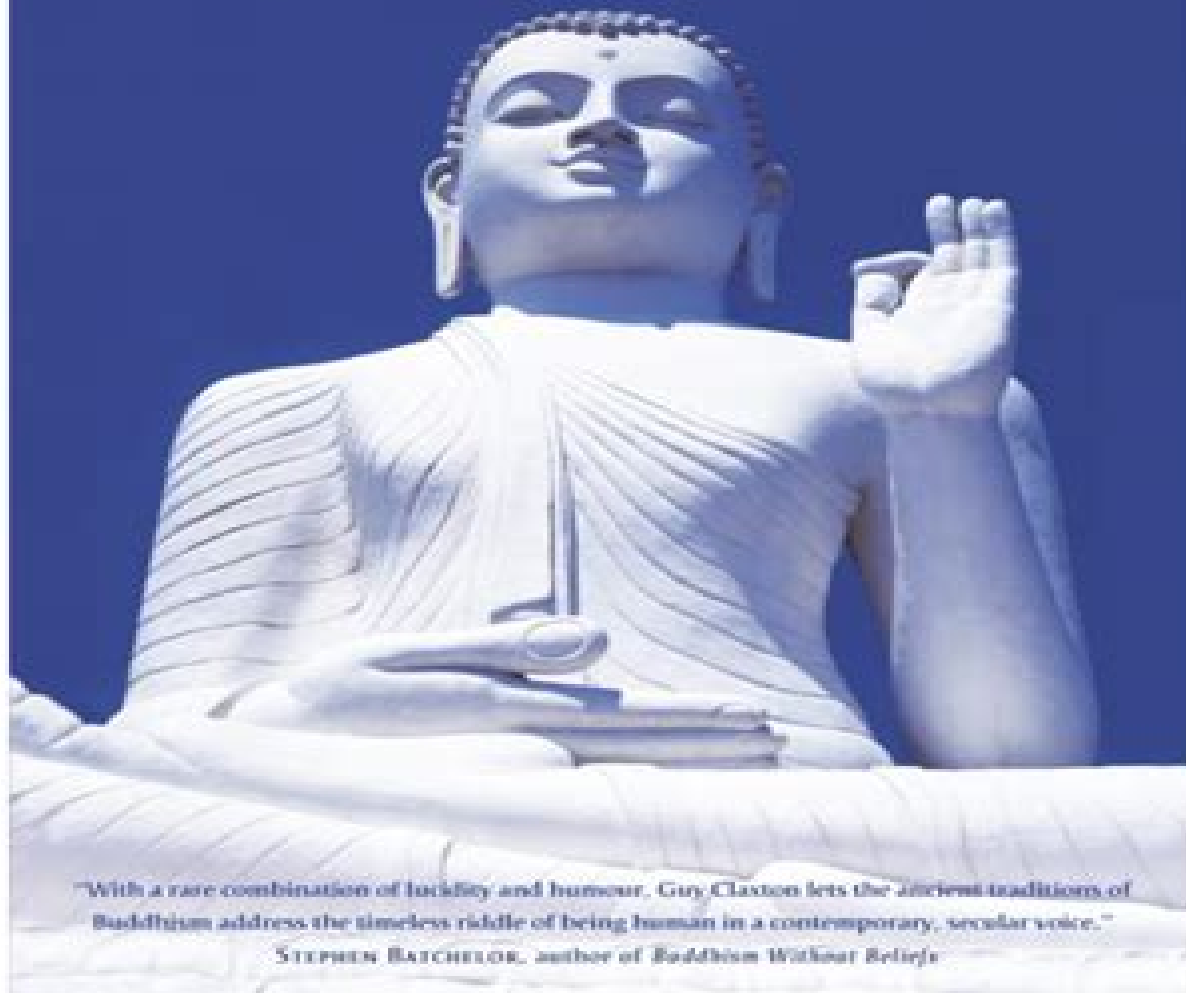




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The Complete Buddhism for Mothers Sarah Naphthali, 2024-12-03 Firmly grounded in the day to day reality of being a mother this revised and updated edition of The Complete Buddhism for Mothers gives personal and honest advice based on Buddhist teachings as applied to the everyday challenges of bringing up children Become a calmer and happier mother with The Complete Buddhism for Mothers fully revised and updated for the modern mother Entering 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 face the challenge of raising them This book is different Bound together in this edition Buddhism for Mothers and Buddhism for Mothers of Young Children explore the joy of being with your children in the all important present moment inspiring you to be more patient loving and attentive towards your family members other parents and most of all yourself Writing from personal experience and weaving in stories from other mothers throughout her

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