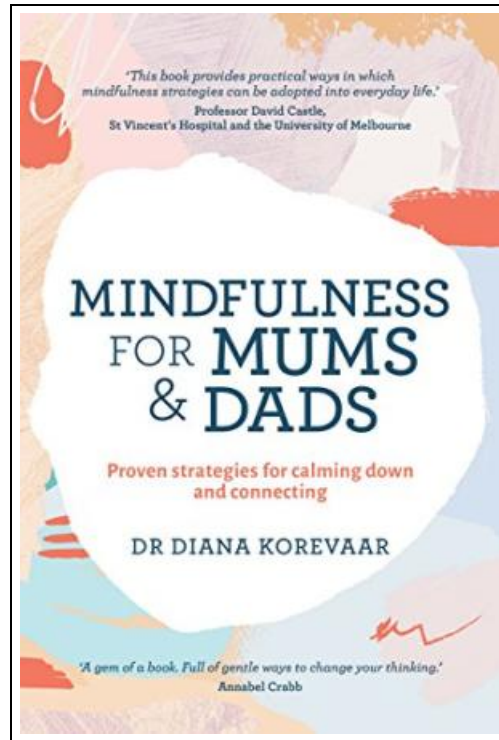


Mindfulness for Mums and Dads



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Reviews

*An incredibly awesome ebook with perfect and lucid answers. It can be loaded with knowledge and wisdom You may like how the article writer compose this ebook.
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MINDFULNESS FOR MUMS AND DADS



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Murdoch Books, 2017. Paperback. Condition: New. As a parent, it can be all too easy to live life on automatic pilot - fulfilling one demand after another while missing out on much of the journey. And though you can't control every situation, you can influence the outcome by learning to change how you react. Dr Diana Korevaar, a practising perinatal psychiatrist, uses mindfulness practice as a powerful tool to help parents calm down, connect and reframe the challenges they face in order to experience life more positively. Grounded in science, *Mindfulness for Mums and Dads* features dozens of case studies, as well as simple mindfulness practices that can be carried out anywhere. These are practical tools for anyone seeking to actively engage in their own recovery from anxiety or depression, or for those no longer content to 'just exist' in life, hoping that things will get better in the future. In as little as three minutes a day, it is possible to take control of your life, become calmer and more compassionate, and be fully present for the small moments in life that create true and lasting happiness. Paperback.



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