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From the internationally best-selling author of Buddhism for Mothers

# BUDDHISM for parents on the go

GEMS TO MINIMISE STRESS



SARAH NAPTHALI



Read by Rebecca Macauley

# **Library Of Buddhism Parents Go Sarah Napthali**

Sarah Napthali

#### **Library Of Buddhism Parents Go Sarah Napthali:**

**Buddhism for Mothers of Young Children** Sarah Napthali,2010-10-19 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 Written in a clear and engaging style this warm and simple meditation facilitates parenting with awareness purpose and love Global Books in Print **Buddhism for** Mothers of Schoolchildren Sarah Napthali, 2010-10-19 With her children at school a mother is on to a new stage of her life playing a new role The daily challenges she confronts have changed yet for each one Buddhist teachings of mindfulness compassion and calm are invaluable This book explores those teachings through many scenarios including managing the stress of numerous deadlines coping with routine and repetition answering children's tricky questions about how the world works fitting in with other parents managing our fears and expectations for our children and dealing with difficult behaviours in both children and adults In her usual warm wise inclusive and accessible style Sarah also suggests ways to share Buddhist teachings with children so they maintain a connection to their own inner wisdom rather than reacting to peers and the media Within this book mothers will find the inspiration to be more patient loving and attentive towards their children other family members other parents but most of all themselves WC Sarah Napthali is a mother of two young boys who strives to apply Buddhist teachings in her daily life She is the author of Buddhism for Mothers which has sold 60 000 copies around the world and been translated into nine languages to date and Buddhism for Mothers of Young Children formerly published under the title Buddhism for Mothers with Lingering Questions Since the children started school Sarah is very pleased to report that she manages to meditate almost daily Buddhism for Mothers with Lingering Ouestions Sarah Napthali, 2007 For all mothers who loved the simplicity clarity and warmth of the bestselling Buddhism for Mothers comes the book which answers the next lot of questions Now the mother of a toddler and a primary school aged child Sarah Napthali writes of the next stage Go Big Now Julia Pimsleur, 2021-03-30 Transform Aspirational Thoughts into Life Changing of the parenting journey Results What s the biggest challenge you face if you want to accomplish great things It's getting and keeping the right mindset according to the hundreds of high achievers Julia Pimsleur has interviewed and worked with as a business coach In Go Big Now Pimsleur distills two decades of studying complex mindset practices into eight essential mindset keys that can be used by anyone to get the Go Big Mindset and achieve ambitious professional and life goals Pimsleur shares personal stories of how she used these keys to raise venture capital and build multimillion dollar companies and illustrates each key with an example from a leader CEO or celebrity whose mindset catapulted them to success You ll learn to reframe perceived setbacks replace unhelpful thoughts and limiting beliefs with empowering ones and stay motivated to pursue your big goal even in the face of massive hurdles With the Go Big Mindset you ll boost your mental resilience and discover how to think your way to bigger better results Buddhism for Couples Sarah Napthali,2014-09-01 Why do people find being in a relationship so difficult Why is it so hard simply to be nice to each other And why do less than half of marriages stay the distance Surely it s a simple matter of give and take some patience tolerance and just trying to be cheerful as often as possible The power of Buddhist teachings is that they guide us to delve deeper into our psyches Through mindfulness and an ever growing self awareness they help us to become more familiar with the workings of our minds and bodies more aware of our thoughts and beliefs In turn we begin to see our behaviours with more clarity From the author of the internationally bestselling Buddhism for Mothers series Sarah Napthali empathetically uses both her personal experience and that of other couples to make Buddhism for Couples an inspirational guide to achieving a happy and fulfilling relationship

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