

Mindful Discipline A Loving Approach To Setting Limits And Raising An Emotionally Intelligent Child Shauna L Shapiro

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Mindful Discipline A Loving Approach

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"Mindful Discipline is an intelligent and creative approach to the omnipresent challenge of parenting: how to be kind and loving yet firm and in control. I was struck by the multiple levels of authority the authors drew upon: deep scholarship, personal struggles with parenting, and hard-earned meditative insight."

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In Mindful Discipline, internationally recognized mindfulness expert Shauna L. Shapiro and pediatrician Chris White offer parents simple yet powerful tools for raising mindful, respectful, and responsible children, and redefines discipline itself as a loving, nurturing approach-one that will yield both short and long-term positive results.

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Raising happy, compassionate, and responsible children requires both love and limits.In Mindful Discipline, internationally recognized mindfulness expert Shauna Shapiro and pediatrician Chris White weave together ancient wisdom and modern science to provide new perspectives on parenting and discipline. Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and ...

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Mindful Discipline | NewHarbinger.com

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Mindful Discipline: A Loving Approach to Setting Limits ...

Mindful discipline involves disciplining in a conscious, loving way that can deeply support your child's growth and development. It's about being attuned to the present moment so that you know what the most skillful action is in any given moment and what is most needed in any given moment.

Mindful Discipline for Kids | Greater Good

Another great way to offer loving kindness is to reward yourself. Rewarding ourselves acts as positive reinforcement for new self-disciplined habits. Take time to reward yourself for milestones along the way. Give yourself a small treat such as a healthy snack or time to be spontaneous to reward yourself as you develop self-discipline.

6 Ways to Develop Self-Discipline Using Mindfulness

Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child by Shauna Shapiro My rating: 4 of 5 stars Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: unconditional love, space for children to be themselves, mentorship, healthy boundaries, and ...

Review: Mindful Discipline: A Loving Approach to Setting ...

Mindful Discipline A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child by Shauna Shapiro; Chris White and Publisher New Harbinger Publications. Save up to 80% by choosing the eTextbook option for ISBN: 9781608828869, 1608828867. The print version of this textbook is ISBN: 9781608828845, 1608828840.

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Mindful Discipline : A Loving Approach to Setting Limits ...

Mindful Discipline is a loving approach to creating harmony in your home while still helping your child thrive and develop into their full potential. "...a wonderful integration of the power of mindful awareness and the insights from studies of child development and the brain

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