WAKING UP: A PARENTS GUIDE TO MINDFUL AWARENESS AND CONNECTION

Leighann Drobny

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While our journeys as parents will vary, eventually, if we are open with ourselves and available to our children, we will all arrive in the same place — living as parents who are awake, purposeful, calm, and connected to our children. ThriftBooks Warehouse, United States. Psychosomatic Medicine, 69, — KristinNeff. These philosophies influence the way we feel, think, behave, and express ourselves to. A recent study found that fourth and fifth graders who took a four-month meditation program demonstrated improvements in cognitive control, working memory and math test scores. Hillsdale, NJ: Erlbaum. Just note it.