



Buddhism for Mothers of Young Children: Becoming a Mindful Parent

Sarah Napthali

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From the author of the acclaimed *Buddhism for Mothers*, a guide to discovering the path to meaningful, spiritual, and satisfying motherhood

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?* and *Is this all?* Written in a clear and engaging style, this warm and simple meditation facilitates parenting with awareness, purpose, and love.

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