



# Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World

By Kristen Race PhD

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## Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World By Kristen Race PhD

A mindful approach to parenting that helps children (and their parents) feel happier, healthier, calmer, and less stressed in our frenetic era

Rooted in the science of the brain, and integrating cognitive neuroscience and child development, *Mindful Parenting* is a unique program that speaks directly to today's busy families who make up what Dr. Race calls "Generation Stress." Research has shown that mindfulness practices stimulate the prefrontal cortex of the brain. Regular stimulation of this part of the brain helps us feel happier, healthier, calmer, less anxious, less stressed, and makes it easier for us to concentrate and think clearly—the very behavior we are hoping our children will display.

Dr. Race provides:

An explanation of the way the brain works and why parents and kids today are more stressed, anxious, and angry than ever before

Practical solutions to the problem: Things parents can do to change brain patterns and create a more relaxed and happier home

"Brain Coolers": Quick tips that can be used in the moment to help families relax, recharge, and create happiness (such as "The Three Breath Hug")

*Mindful Parenting* understands the realities of raising a family in our fast paced and often-frenetic world and provides hundreds of easy-to-implement solutions, both for parents and their children, to help them manage stress, create peace, and live happier lives.

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### **Editorial Review**

#### **Review**

“In our increasingly hectic world, many parents feel too busy, stressed and distracted to teach their kids how to live healthy lives. In *Mindful Parenting*, Kristen Race will show you how to slow down, model mindfulness, and stay connected as a family. Rooted in science and filled with practical takeaways, this is a welcome and needed book for all parents.” ?Dr. Laura Markham, author of *Peaceful Parent, Happy Kids: How To Stop Yelling and Start Connecting*

“Is your family running from one activity to the next? Do you spend more time balancing conflicting schedules than bonding as a family? *Mindful Parenting* will help you and your family lead calmer, happier, and healthier lives. Rooted in science, Dr. Kristen Race offers lots of clever, fun techniques you can implement right away. The takeaways will help you and your children find the balance and calm you all need and deserve. This book is a must-read for all parents of our generation.” ?Sara Blakely, founder of Spanx

“A thoughtful, science-based plan that helps today's parents and their kids use mindfulness techniques . . . Busy parents will benefit from Race's balanced approach and bounty of family-friendly ways to decompress.” ?*Publishers Weekly*

#### **About the Author**

KRISTEN RACE, Ph.D. is an expert in child, family and school psychology and the founder of Mindful Life. Dr. Race speaks regularly at national conferences and for many community groups. Her print articles have appeared in *Kiwi* magazine, *Denver Life*, and *Colorado Business Magazine* among others, and she has appeared on the *CBS Morning Show* and *Everyday Colorado* as a parenting expert. She currently resides in Steamboat Springs, Colorado with her family.

### **Users Review**

#### **From reader reviews:**

##### **John Richardson:**

The publication untitled *Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World* is the book that recommended to you you just read. You can see the quality of the book content that will be shown to a person. The language that publisher use to explained their ideas are easily to understand. The author was did a lot of research when write the book, therefore the information that they share for your requirements is absolutely accurate. You also could get the e-book of *Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World* from the publisher to make you a lot more enjoy free time.

##### **Mary McCollum:**

The reason? Because this *Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged,*

Happy Kids in Today's Hectic World is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will surprise you with the secret this inside. Reading this book adjacent to it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of positive aspects than the other book have got such as help improving your ability and your critical thinking means. So , still want to delay having that book? If I had been you I will go to the e-book store hurriedly.

### **Ronald Griffin:**

Playing with family in a very park, coming to see the sea world or hanging out with good friends is thing that usually you could have done when you have spare time, in that case why you don't try matter that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World, you can enjoy both. It is fine combination right, you still wish to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't buy it, oh come on its referred to as reading friends.

### **Harold Fleming:**

A number of people said that they feel uninterested when they reading a guide. They are directly felt that when they get a half elements of the book. You can choose often the book Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World to make your own reading is interesting. Your own personal skill of reading skill is developing when you similar to reading. Try to choose easy book to make you enjoy you just read it and mingle the sensation about book and looking at especially. It is to be initial opinion for you to like to open up a book and read it. Beside that the book Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World can to be your brand-new friend when you're experience alone and confuse in what must you're doing of that time.

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