



The Mindful Parent: Strategies from Peaceful Cultures to Raise Compassionate, Competent Kids

By Charlotte Peterson

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Over the last four decades, American hospitals have seen a steady increase in children suffering from psychological disorders, peer violence, and suicide attempts. To figure out why this is happening and how to put an end to it, child psychologist Dr. Charlotte Peterson has been spending six months every five years living in indigenous villages and observing their parenting practices. What she s found is that the people of peaceful cultures, particularly the Tibetan, Bhutanese, and Balinese people, know something we Westerners, despite our modernity, don t, and their children are happier, healthier, and more balanced because of it. What Dr. Peterson has found is that the children in these cultures are raised with a high degree of cherishing and empathy. Attachments are promoted by intensive nurturing of infants and gentle, clear limit-setting with toddlers that teaches self-control and builds self-esteem. The result, as Dr. Peterson has found after visiting these places again and again, is children who are trusting, enjoyable, and kind not spoiled, as we might imagine. The Mindful Parent brings together Dr. Peterson s village interviews, observations,...



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Reviews

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