



Everyday Blessings: The Inner Work of Mindful Parenting

Myla Kabat-zinn, Jon Kabat-Zinn

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The bestselling author of *Wherever You Go, There You Are* (more than 1,000,000 total copies in print) and *Full Catastrophe Living* joins forces with his wife, Myla, in this groundbreaking revised edition (released in October, 2014) of the classic book about mindfulness in parenting children of all ages. Updated with new material--including an all new introduction and expanded practices in the epilogue--*Everyday Blessings* remains one of the few books on parenting that embraces the emotional, intuitive, and deeply personal experience of being a parent, applying the groundbreaking "mind/body connection" expertise from global mindfulness leader, Jon Kabat-Zinn and his wife, Myla Kabat-Zinn.

With the growing interest in mindfulness as a way of living, and with increasing scientific evidence of its value for optimal health and well-being, including a new field in psychology devoted to mindful parenting, and with mindfulness being increasingly integrated into K-12 education, there has never been a better time for cultivating greater mindfulness in parenting and in family life.

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