



# 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:**

##### **Marni Elliott:**

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 to study. You can see the quality of the guide content that will be shown to anyone. The language that author use to explained their way of doing something is easily to understand. The writer was did a lot of exploration when write the book, so 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 far more enjoy free time.

##### **Dave Edwards:**

People live in this new moment of lifestyle always make an effort to and must have the extra time or they

will get lot of stress from both everyday life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not a robot. Then we inquire again, what kind of activity are there when the spare time coming to you of course your answer may unlimited right. Then do you ever try this one, reading publications. It can be your alternative inside spending your spare time, the actual book you have read is usually Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World.

**Christine Flint:**

As we know that book is very important thing to add our knowledge for everything. By a reserve we can know everything we wish. A book is a list of written, printed, illustrated or maybe blank sheet. Every year was exactly added. This publication Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World was filled concerning science. Spend your extra time to add your knowledge about your technology competence. Some people has diverse feel when they reading a new book. If you know how big advantage of a book, you can feel enjoy to read a reserve. In the modern era like at this point, many ways to get book you wanted.

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