

gabor mate children

gabor mate children is a topic that explores the influential work of Dr. Gabor Maté concerning child development, trauma, and emotional healing. Dr. Maté, a renowned physician and author, has extensively studied how early childhood experiences shape mental and physical health throughout life. His approach emphasizes the importance of understanding the root causes of behavioral and emotional challenges in children, particularly those linked to trauma and stress. This article delves into Gabor Maté's perspectives on children, highlighting his views on attachment, trauma-informed parenting, and the impacts of societal factors on child well-being. Additionally, it discusses practical strategies derived from his teachings that can support healthier child development and emotional resilience. The following sections provide a detailed overview of Gabor Maté's insights and their application in nurturing children.

- Gabor Maté's Approach to Childhood Development
- The Role of Trauma in Children's Behavior
- Attachment and Emotional Connection in Children
- Parenting Strategies Inspired by Gabor Maté
- Societal Influences on Children's Mental Health
- Practical Tips for Supporting Children's Emotional Well-being

Gabor Maté's Approach to Childhood Development

Gabor Maté's work on children centers around the principle that early experiences profoundly influence lifelong health and behavior. He advocates for a compassionate approach that recognizes the interplay between biology, psychology, and environment. According to Maté, children are deeply affected by their surroundings, particularly the quality of their relationships with caregivers. His approach integrates insights from neuroscience, psychology, and trauma research to explain how childhood shapes brain development and emotional regulation. Understanding this holistic perspective is essential for fostering healthy development in children.

Holistic Understanding of Child Growth

Maté emphasizes that child development cannot be isolated from emotional and social contexts. He stresses the importance of addressing physical,

emotional, and psychological needs simultaneously. This integrated view helps caregivers and professionals recognize the signs of distress early and respond appropriately to support a child's overall growth and well-being.

Impact of Environment and Nurture

The environment in which a child grows plays a critical role in shaping their developmental trajectory. Gabor Maté highlights how nurturing, safe, and responsive environments promote healthy brain development, while neglect or adverse conditions can result in long-term difficulties. This understanding promotes creating supportive spaces for children to thrive.

The Role of Trauma in Children's Behavior

One of the central themes in Gabor Maté's work is the profound impact of trauma on children's mental and physical health. Trauma, especially in early childhood, can lead to various behavioral and emotional challenges. Maté argues that many behavioral issues often labeled as disorders are actually manifestations of unresolved trauma. Recognizing trauma as a root cause allows for more compassionate and effective interventions.

Defining Childhood Trauma

Childhood trauma encompasses experiences such as abuse, neglect, loss, or chronic stress that overwhelm a child's ability to cope. Maté stresses that trauma is not limited to extreme events but also includes subtle forms of emotional neglect or lack of attunement from caregivers. Understanding this broad definition helps in identifying children who may silently suffer.

Behavior as a Communication of Trauma

According to Maté, children's challenging behaviors often serve as a form of communication expressing unmet needs or emotional pain. Rather than punishment, these behaviors require attentive listening and therapeutic approaches to address underlying trauma. This perspective shifts the focus from blame to healing.

Attachment and Emotional Connection in Children

Attachment theory is a foundational aspect of Gabor Maté's insights on children. He emphasizes the necessity of secure emotional bonds between children and their primary caregivers for healthy psychological development. Secure attachment fosters trust, emotional regulation, and resilience in children, while insecure attachment can lead to difficulties later in life.

Importance of Secure Attachment

Maté explains that secure attachment is established when caregivers consistently respond to a child's needs with sensitivity and care. This connection creates a safe base from which children can explore the world and develop confidence. Secure attachment is linked to positive outcomes in mental health and social relationships.

Consequences of Attachment Disruptions

When attachment needs are unmet or disrupted, children may develop anxiety, behavioral issues, or difficulties in forming relationships. Maté highlights that these disruptions are often rooted in caregiver stress, unresolved trauma, or socio-economic factors, underscoring the need for support systems for families.

Parenting Strategies Inspired by Gabor Maté

Gabor Maté's teachings offer practical guidance for parents and caregivers aiming to foster emotional health in children. His approach encourages empathy, presence, and understanding as key elements in parenting. By recognizing children's emotional experiences and validating their feelings, parents can build stronger connections and promote healing.

Practicing Compassionate Parenting

Maté advocates for a parenting style that prioritizes empathy over discipline. This involves tuning into the child's emotional state and responding with patience and validation rather than punishment. Compassionate parenting helps children feel seen and supported, reducing behavioral struggles.

Setting Boundaries with Sensitivity

While compassion is essential, Maté also underscores the importance of clear and consistent boundaries. Effective parenting balances empathy with structure, providing children with stability and security. Boundaries set with sensitivity help children learn self-regulation and respect for others.

Societal Influences on Children's Mental Health

Beyond the family environment, Gabor Maté highlights the role of broader societal factors in shaping children's mental health. Stressors such as poverty, social inequality, and cultural pressures significantly impact child

development. Maté calls for societal awareness and systemic changes to support the well-being of all children.

Impact of Socioeconomic Stress

Children growing up in poverty or unstable conditions face increased risks of trauma and stress-related health issues. Maté stresses that addressing these social determinants is critical to preventing long-term adverse outcomes. Community support and social policies play vital roles in creating healthier environments for children.

Cultural Expectations and Child Well-being

Cultural norms can influence how children express emotions and how caregivers respond to them. Maté points out that rigid expectations may suppress emotional expression, leading to internalized stress. Encouraging open communication and emotional literacy is essential for fostering mental health across diverse cultures.

Practical Tips for Supporting Children's Emotional Well-being

Drawing from Gabor Maté's principles, several practical strategies can enhance children's emotional resilience and well-being. These methods focus on creating secure attachments, addressing trauma, and promoting empathy within caregiving relationships.

1. **Be Present and Attentive:** Engage actively with children, listening to their feelings and needs without judgment.
2. **Validate Emotions:** Encourage children to express their emotions openly and acknowledge their experiences.
3. **Provide Safe Environments:** Create stable and nurturing spaces where children feel secure.
4. **Understand Behavior as Communication:** View challenging behaviors as signals for underlying issues rather than simply misbehavior.
5. **Establish Consistent Boundaries:** Balance empathy with clear rules to provide structure and predictability.
6. **Address Trauma Early:** Seek professional support when signs of trauma or emotional distress are evident.

7. **Foster Emotional Literacy:** Teach children to recognize and articulate their emotions effectively.
8. **Support Caregivers:** Provide resources and support systems for parents to reduce stress and improve caregiving capacity.

Frequently Asked Questions

Who is Gabor Maté and what is his approach to child development?

Gabor Maté is a physician and author known for his work on addiction, stress, and child development. His approach emphasizes the importance of understanding childhood trauma and emotional needs in fostering healthy development.

What does Gabor Maté say about the impact of childhood trauma on children?

Gabor Maté asserts that childhood trauma can have profound and lasting effects on a child's mental and physical health, influencing behavior, emotional regulation, and even susceptibility to addiction later in life.

How does Gabor Maté recommend parents respond to children's emotional needs?

Maté recommends that parents respond with empathy, presence, and unconditional love, recognizing and validating children's feelings to help them develop secure attachment and emotional resilience.

What role does attachment theory play in Gabor Maté's teachings about children?

Attachment theory is central to Maté's teachings; he believes secure attachment between parents and children is crucial for healthy brain development and emotional well-being.

According to Gabor Maté, how does stress affect children's development?

Maté explains that chronic stress in childhood can disrupt brain development, impair immune function, and increase the risk of mental health issues and addictive behaviors in children.

What is Gabor Maté's perspective on discipline and punishment for children?

Gabor Maté advises against punitive discipline, advocating instead for compassionate communication and understanding the underlying emotional causes of a child's behavior.

How does Gabor Maté address the connection between addiction and childhood experiences?

Maté highlights that many addictions stem from unresolved childhood trauma and emotional pain, and healing requires addressing these root causes rather than just the symptoms.

What practical advice does Gabor Maté offer for parents to support their children's mental health?

He advises parents to cultivate emotional attunement, create safe and nurturing environments, be mindful of their own emotional states, and prioritize connection over control.

How can educators apply Gabor Maté's insights about children in the classroom?

Educators can foster supportive relationships, recognize signs of trauma, prioritize emotional safety, and use empathy-based approaches to help children thrive academically and emotionally.

Are Gabor Maté's views on children widely accepted in psychology and parenting communities?

While many appreciate Maté's compassionate focus on trauma and emotional health, some critics argue that his views may overemphasize trauma's role and recommend balanced approaches integrating multiple perspectives.

Additional Resources

1. Hold On to Your Kids: Why Parents Need to Matter More Than Peers

In this groundbreaking book, Gabor Maté explores the importance of strong parent-child bonds in a world increasingly dominated by peer influence. He argues that children need secure attachments with their parents to develop healthy emotional and social skills. Maté provides practical advice for nurturing these connections and understanding the impact of societal changes on child development.

2. Scattered Minds: The Origins and Healing of Attention Deficit Disorder

Though primarily focused on ADHD, this book delves into how early childhood experiences and emotional environments influence children's brain development. Gabor Maté challenges conventional views on attention disorders and emphasizes compassion and understanding. The book offers insights into how parents and caregivers can support children with attentional challenges.

3. *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture*

In this work, Maté examines how childhood trauma and societal factors contribute to various mental and physical illnesses. He highlights the critical role that early childhood experiences play in shaping health outcomes. The book encourages parents to recognize and address emotional wounds to foster resilience and well-being in children.

4. *When the Body Says No: The Cost of Hidden Stress*

Gabor Maté investigates the link between stress and chronic illness, with a focus on how early childhood stress can manifest later in life. He discusses how children's emotional needs, when unmet, can lead to long-term health problems. This book helps parents understand the profound impact of emotional environments on children's physical and mental health.

5. *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

This compassionate book explores addiction's roots, including how childhood trauma and attachment issues contribute to addictive behaviors. Maté draws on his experience working with addicts to highlight the importance of empathy in healing. Parents can gain valuable insights into how early emotional experiences affect vulnerability to addiction.

6. *Parenting with Presence: Practices for Raising Conscious, Confident, Caring Kids*

While not authored by Maté, this book aligns closely with his teachings and is often recommended alongside his work. It focuses on mindful parenting techniques that foster strong connections and emotional intelligence in children. The practices encourage parents to be fully present and responsive to their children's needs.

7. *Attachment Theory and the Developing Child: Insights from Gabor Maté*

This collection of essays and talks synthesizes Maté's views on attachment and child development. It provides a comprehensive overview of how early relationships shape brain development and emotional health. Parents and professionals alike will find practical guidance on fostering secure attachments.

8. *Emotional Alchemy: Healing Childhood Wounds with Gabor Maté*

This book offers a deep dive into the emotional challenges children face and how parents can support healing through empathy and understanding. Maté emphasizes the transformative power of recognizing and addressing childhood trauma. The book serves as a compassionate guide for nurturing emotional resilience.

9. *Raising Children in a Toxic World: Insights from Gabor Maté on Environment and Health*

Exploring the intersection of environment, trauma, and child health, this book draws heavily on Maté's research. It stresses the importance of creating nurturing environments to counteract the adverse effects of modern societal pressures. Parents are encouraged to cultivate safe, supportive spaces for their children's growth.

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gabor mate children: *Hold On to Your Kids* Gordon Neufeld, Gabor Maté, MD, 2013-08-13 NATIONAL BESTSELLER • This parenting classic—as relevant today as it was when it was first published—shines a light on one of the most misunderstood trends of our time: peers, social media, and on-screen culture replacing parents in the lives of children, and what parents can do about it. With a new chapter addressing mental health in school-aged kids since the pandemic. Children take their lead from their friends: being 'cool' matters more than anything else. Shaping values, identity, and codes of behaviour, peer groups are often far more influential than parents. But this situation is far from natural, and it can be dangerous—it undermines family cohesion, interferes with healthy development, and fosters a hostile and sexualized youth culture. Children end up becoming conformist, anxious, and alienated. In *Hold On to Your Kids*, acclaimed physician and bestselling author Gabor Maté joins forces with psychologist Gordon Neufeld to pinpoint the causes of this breakdown and offer practical advice on how to 'reattach' to your children, make children feel safe and understood, and earn back your children's loyalty and love. This updated edition also addresses the unprecedented parenting challenges posed by the rise of digital devices and social media. By helping to reawaken our instincts, Maté and Neufeld empower parents to be what nature intended: a true source of enrichment, security, and warmth for their children.

gabor mate children: Using the Expressive Arts with Children and Young People Who Have Experienced Trauma Juliette Ttofa, 2022-04-24 This guide has been written to accompany the book *The Silent Selkie*, a children's story about trauma and offers gentle, creative ways for adults to work with children and young people who have faced adverse childhood experiences. This guidebook: explores the themes of the story and offers guidance to the adult as they use expressive arts to give the child or young person a way to process their emotional experiences. supports trusted adults around the child or young person to understand trauma, its impact and how to respond appropriately and sensitively to the child. provides techniques, exercises, and activities to encourage healthy creative expression and to help the child or young person to understand trauma, its impact and what can help. Using this guide may be a first step on a young person's journey towards healing, making this an ideal tool for adults working with children who have experienced trauma, such as SENDCos, teachers, teaching assistants and family support workers. For effective use, this book should be purchased alongside the storybook. Both books can be purchased together as a set, *Supporting Children and Young People Who Have Experienced Trauma*, 978-0-367-63944-0

gabor mate children: *Trauma Through a Child's Eyes* Peter A. Levine, Ph.D., Maggie Kline, 2010-05-18 What parents, educators, and health professionals can do to recognize, prevent, and heal childhood trauma, from infancy through adolescence—by the author of *Waking the Tiger* Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from

natural disasters and everyday incidents like auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit—often resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma. "Trauma Through A Child's Eyes . . . creates its own mold in a way that everyone concerned with the health and happiness of children will be grateful for." —Gabor Maté, MD, author of *Hold On to Your Kids*

gabor mate children: Helping Children with Loss Margot Sunderland, Nicky Armstrong, 2022-04-28 Now in a fully updated second edition, this professional guidebook has been created to help adults provide emotional support for children who have experienced the loss of somebody they know, or something they loved. Written in an accessible style and with a sensitive tone, *Helping Children with Loss* provides adults with a rich vocabulary for mental states and painful emotions, paving the way for meaningful and healing conversations with children who are struggling with difficult feelings. Practical activities provide opportunities for conversation and will empower the child to find creative and imaginative ways of expressing themselves when words fail. Key features of this resource include: Targeted advice for children who defend against feeling their painful feelings by dissociating from grief Tools and strategies for helping children cope with loss, including engaging activities to help children explore their feelings in a non-threatening way Photocopiable and downloadable resources to help facilitate support Written by a leading child psychotherapist with over thirty years' experience, this book will support children to develop emotional literacy and connect with unresolved feelings affecting their behaviour. It is an essential resource for anybody supporting children aged 4-12 who have experienced loss.

gabor mate children: Supporting Birth Parents Whose Children Have Been Adopted Joanne Alper, 2019-07-18 Provides professionals who work with birth parents insights into the support needs of this sometimes-neglected group of people in the adoption process. It shows how best to support them, and the benefits this support can provide.

gabor mate children: Children's Unexplained Experiences in a Post Materialist World Donna Maria Thomas, 2023-07-28 '...a groundbreaking work with the potential to fundamentally transform the current clinical practice.' Evelyn Elsaesser, expert of death-related experiences and project leader of an investigation into spontaneous After-Death Communications (ADCs) Historically, children's inexplicable experiences -- from telepathy and conversing with deceased relatives to out-of-body or near-death experiences, and more -- have been theorised through traditional scientific lenses that may not have the explanatory power to account for such experiences. In *Children's Unexplained Experiences in a Post Materialist World*, Donna Thomas shares research that she and other scholars, past and present, have conducted with children and young people across the world. By placing children's unexplained experiences and views about reality in the contexts of culture, consciousness and the nature of self, this book offers a middleway for explaining these childhood experiences within post-materialist science and philosophy. Thomas suggests that children's experiences could greatly contribute to a new paradigm for understanding the mystery of being human and the nature of reality.

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children should read this book. The time is now! Children are hurting and taking matters into their own hands. Child trafficking, suicide, drugs, and runaways are just a few means of escape. This book tells parents what every child can say "I Am a Child...I Did Not Ask to Be Born But I'm Here..." and they deserve the best life a parent can give them.

gabor mate children: A Professional's Guide to Working with Vulnerable and Traumatized Children Rikke Ludvigsen, 2024-06-21 This book presents "The Circle of Safety and Reconnection", a compassionate reflection model for working with vulnerable and traumatized children and young people in a nurturing way, providing hope for post-traumatic healing and growth. The circle is a holistic and comprehensive framework for professionals working to create safety for children against violence and abuse. It takes into consideration a child's individual, intergenerational, and collective trauma also assessing their risk and protection factors and using different tools to regulate the nervous system and promote healing. A step-by-step guide, populated with practice examples and exercises to walk the reader through using and adapting the model in practice, the book discusses the nature, signs, and ways of trauma, the reasons for it, and the different ways of healing these wounds outside the therapeutic context. Additionally, as this field is high risk for secondary traumatization, stress, burnout, and compassion fatigue, the author has dedicated a chapter focusing solely on the building of resilience in professionals. This text is written for all professionals working in the field, including therapists and psychologists, social workers, educators, foster parents, nurses, day-care workers, and students.

gabor mate children: Silent Scars: The Hidden Impact of Parental Conflict on Children Zahid Ameer, 2025-04-26 Silent Scars: The Hidden Impact of Parental Conflict on Children is a powerful and eye-opening exploration of how daily arguments, emotional tension, and unresolved fights between parents can deeply affect a child's mental health, emotional stability, and long-term psychological development. This essential parenting and child psychology guide reveals the silent damage caused by high-conflict homes—ranging from anxiety, stress, and low self-esteem to behavioral problems, academic struggles, and future relationship difficulties. Backed by the latest research in developmental psychology and neuroscience, this book offers practical advice, expert insights, and real-world strategies for parents, educators, and caregivers to recognize early warning signs, heal emotional wounds, and create a nurturing, emotionally safe environment for children. Whether you're a parent navigating challenges, a counselor seeking deeper understanding, or simply someone concerned about child wellbeing, Silent Scars delivers invaluable knowledge on the lifelong impact of parental conflict and how to break the cycle for future generations.

gabor mate children: Indigenous Child and Youth Care Cherylanne James, 2023-08-10 At its core, Indigenous Child and Youth Care: Weaving Two Heart Stories Together is about unity. It seeks to create a heart-to-heart practice by bridging Indigenous ways of knowing with Western Child and Youth Care practices, encouraging students to approach their work with a more open understanding of First Nations, Métis, and Inuit worldviews. Author Cherylanne James guides students through self-location by dismantling their pre-existing biases regarding Indigenous Peoples, understanding personal privilege and power, educating themselves on Canadian and Indigenous history and contexts, and learning about the pervasive impacts of colonialism. Students will cultivate a practice that encourages ethical spaces of engagement while steering away from surface-level or disingenuous interactions. The text applies concepts and theories such as relational accountability, interconnectivity, resurgence, community-centred approaches, wise practices, relationship-building, anti-oppression, anti-racist, and social justice frameworks to enrich CYC practices and prepare students to engage with Indigenous children, youth, and families in an informed, meaningful way. Indigenous Child and Youth Care is designed as a journey, wherein the student reflects while they learn and grow as a CYC professional. It includes a variety of pedagogical features that catalyze thoughtful interaction with the material, such as a glossary, discussion questions, reflective practice question boxes, and additional resources for further learning. This is a powerful and vital text for college and university students in Child and Youth Care and Human Services. FEATURES - Unites Indigenous worldviews, histories and knowledge systems with western Child and Youth Care

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and award-winning coach. In this unique and transformational guide to healing, bibliotherapist and counsellor Bijal Shah explores the restorative power of reading. Bibliotherapy traces the history of how therapeutic reading evolved - including the important role played by the best writers such as the Stoics, Montaigne, Eliot and Wordsworth. In doing so, Bijal offers first-hand stories from clients who have found solace in great works of literature when struggling with grief, relationships or illness. Full of practical advice and insights into how bibliotherapy really works, Bijal offers an A to Z reading list of books for every mood and need. A much-needed reminder of how comforting and life-changing reading can be, Bibliotherapy is a sumptuous celebration of books that will invite you to see them as more than just an escape, but a legitimate form of self-care.

gabor mate children: The Damage of Words Katrina Collier, 2025-05-27 Born into a household ruled by generational trauma, this memoir chronicles one woman's journey from childhood abuse and self-loathing to healing and self-mastery. Raised by a narcissistic mother and a passive father, she endured years of emotional and physical abuse, leaving her insecure, hypervigilant, and grappling with complex PTSD. At age 40, fate intervened, setting her on a 12-year path to confront the roots of her pain--in past lives, DNA, and deeply buried trauma--and to spirit awaken. Through various healing modalities and personal breakthroughs, she not only healed herself but also transcended self-hate to achieve emotional regulation, happiness, and calm. For readers seeking hope and inspiration in their own mental health journeys, this teaching memoir offers a compassionate guide to the transformative power of self-work, proving that healing--even from the deepest wounds--is always possible.

gabor mate children: Fire Child, Water Child Stephen Cowan, 2012-04-01 Fire Child, Water Child is a revolutionary guide to parenting a child with attention-deficit hyperactivity disorder (ADHD) that does not rely on medication or pathologizing your child's challenges. This method, created by pediatrician and ADHD specialist Stephen Scott Cowan, helps you identify your child's unique focusing style—wood, fire, earth, metal, or water—and calm the stress that can contribute to your child's ADHD symptoms. This personalized approach will help your child reduce impulsive behavior, regulate attention, and handle school and home routines with confidence. What is your child's ADHD style? • The Wood Child An adventurous explorer, the Wood child is always on the move and gets frustrated easily. • The Fire Child The Fire child is outgoing, funny, and can be prone to mood swings and impulsive actions. • The Earth Child The cooperative, peacemaking Earth child can feel worried or indecisive when stressed. • The Metal Child The Metal child is comforted by routine and finds it difficult to shift attention from task to task. • The Water Child An imaginative dreamer, the Water child struggles to keep track of time.

gabor mate children: Connecting with Young People in Trouble Andi Brierley, 2021-03-16 This powerful critique of youth justice based on lived experience, theory and practice looks at the topic through a refreshing new lens, suggesting that some existing ways of dealing with children and young people may do more harm than good. After making readers aware of Risk Relation Paradox, the author shows that positive outcomes cannot be imposed or directed but that they can stem from 'presence, attunement, connection and trust' (PACT). Then priority should be given to buffering the impact of familiar but questionable relationships in a youngster's own 'village' that may have led to toxic stress, complex trauma, criminal or anti-authority attitudes and other adverse childhood experiences. In arguing for change, Andi Brierley brings his extensive experience on both sides of the justice fence as prisoner and professional to bear — and whilst he champions the engagement skills of others who have travelled a similar journey, he also explains how the approach can be used by anyone. Reviews 'This important and engaging text will be of great value to those working within the youth justice sector and educators alike... Andi Brierley crafts a new framework that facilitates pathways to positive outcomes. And offers a rich and insightful account of the key components of effective relationship-based practice.'-- Dr Sean Creaney, Edge Hill University, UK. 'This book sits at the intersection between personal lived experience and professional practice and ... makes it a hugely valuable contribution to the discourse ... Brierley not only contextually articulates his experiences but seeks to provide a new framework through which youth justice can effect change.'--

Lisa Cherry (From the Foreword). Author Andrew Brierley is a Youth Justice Specialist with 15 years of experience working with the most prolific, serious, vulnerable and complex youngsters involved in offending behaviour. He is the author of *Your Honour Can I Tell You My Story?* (Waterside Press, 2019) which made a difference for other incarcerated young people and professionals working with young people in trouble concerning the relational issues many such children experience — and how they bounce back.

gabor mate children: *Everyday Blessings* Myla Kabat-Zinn, 2024-09-24 The bestselling author of the million-copy bestseller *Wherever You Go, There You Are* and *Full Catastrophe Living* joins forces with his wife, Myla, in this revised edition of their groundbreaking 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. Mindfulness is a way of living and there is increasing scientific evidence of its value for optimal health and well-being. A new field in psychology is devoted to mindful parenting, and mindfulness is 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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