



If the Buddha Had Kids: Raising Children to Create a More Peaceful World

Charlotte Kasl

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Zen and the art of raising children to make peace in the world . . .

In this wise and insightful volume, Charlotte Kasl applies her signature blend of spiritual guidelines, exercises, and practical advice to a stage of life that leaves many of us searching for answers. *If the Buddha Had Kids* draws from Buddhist, Quaker, and other spiritual traditions to help parents raise children who value cooperation, compassion, and understanding, emphasizing that finding peace within a family is the first step toward creating a peaceful world.

Beginning with creating a healthy bond with your child and moving through all stages of life, encouraging empathy, respect, fascination, and curiosity, Kasl explores the spiritual journey of parenting. She also draws on her decades of experience as a healer and practicing psychotherapist to tackle very practical concerns such as the roles of electronics, money, sexuality, and education, and what it means to find one's voice.

This lively book promises to bring inspiration, humor, and wisdom to the joys and struggles of raising children in our contemporary world, and will serve as an enlightening companion for all moms and dads.

From the Trade Paperback edition.

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Playing with family within a park, coming to see the ocean world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try point that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love If the Buddha Had Kids: Raising Children to Create a More Peaceful World, you are able to enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

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