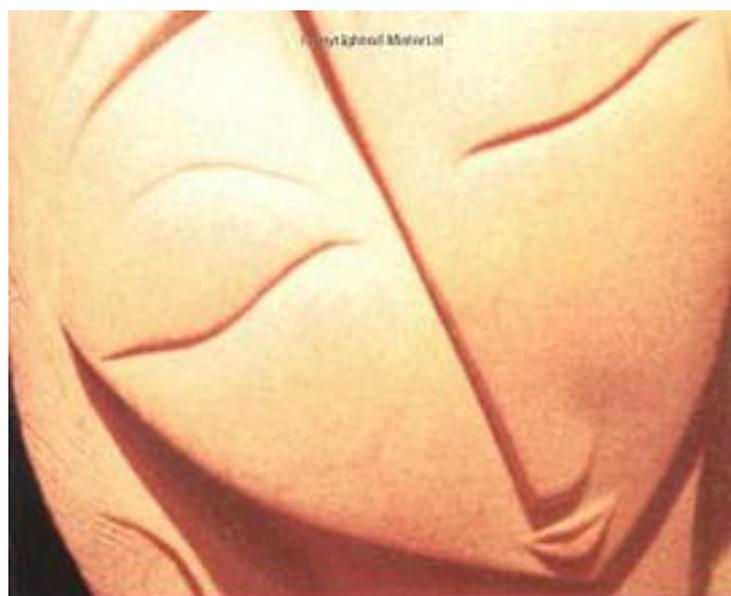


Buddha Mom



B U D D H A M O M



*The Path of
Mindful Mothering*

J A C Q U E L I N E K R A M E R

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In Buddha Mom , Jacqueline Kramer beautifully illuminates the ways in which motherhood can be woven with the spiritual life. Drawing upon her twenty years as a practicing Buddhist, as well as many other wisdom traditions from around the world, she offers powerful insights into cultivating a more spiritual attitude toward parenting.

In chapters, guided by central Buddhist themes-Simplicity, Nurturance, Joyful Service, Unconditional Love-Kramer's personal experience of pregnancy, birth, and then raising her daughter to adulthood serves as a guide to integrating the roles of parent and spiritual being. A celebration of all that motherhood can be, Buddha Mom presents an inspiring vision of child rearing.

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