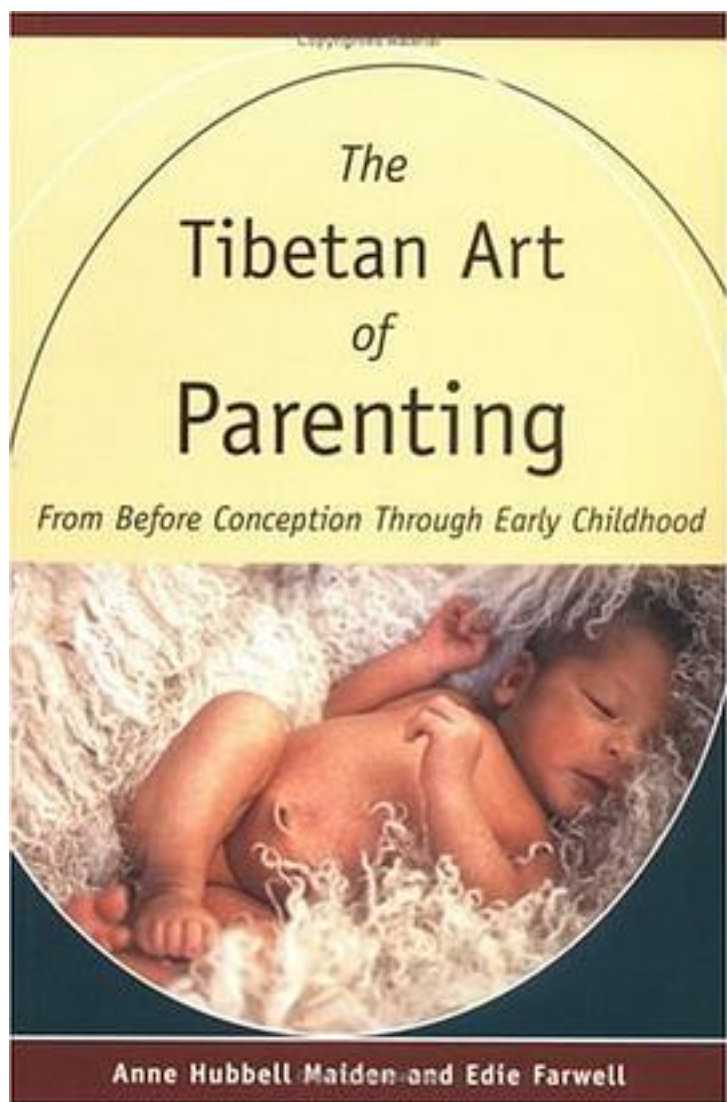


The Tibetan Art of Parenting



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Steeped in the Buddhist traditions of wisdom, compassion, and the interconnectedness of all things, Tibetan childrearing practices are a refreshing new way to prepare for and raise children. This book provides a practical introduction to these practices and an integrated system of childcare that incorporates body, emotions, mind, spirit, relationships, and environment. Authors Anne Hubbell Maiden and Edie Farwell cover all aspects of traditional Tibetan parenting from conception onwards, both exploring ancient techniques and reinterpreting them for a modern audience. Far more than just a parenting guide, the book is a fascinating look into an intimate and revered part of Tibetan culture. It makes a welcome addition to the library of newlyweds, expectant parents, and parents with children of all ages who are interested in a practical approach to parenthood that recognizes community and everyone's responsibility to both self and planet.

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