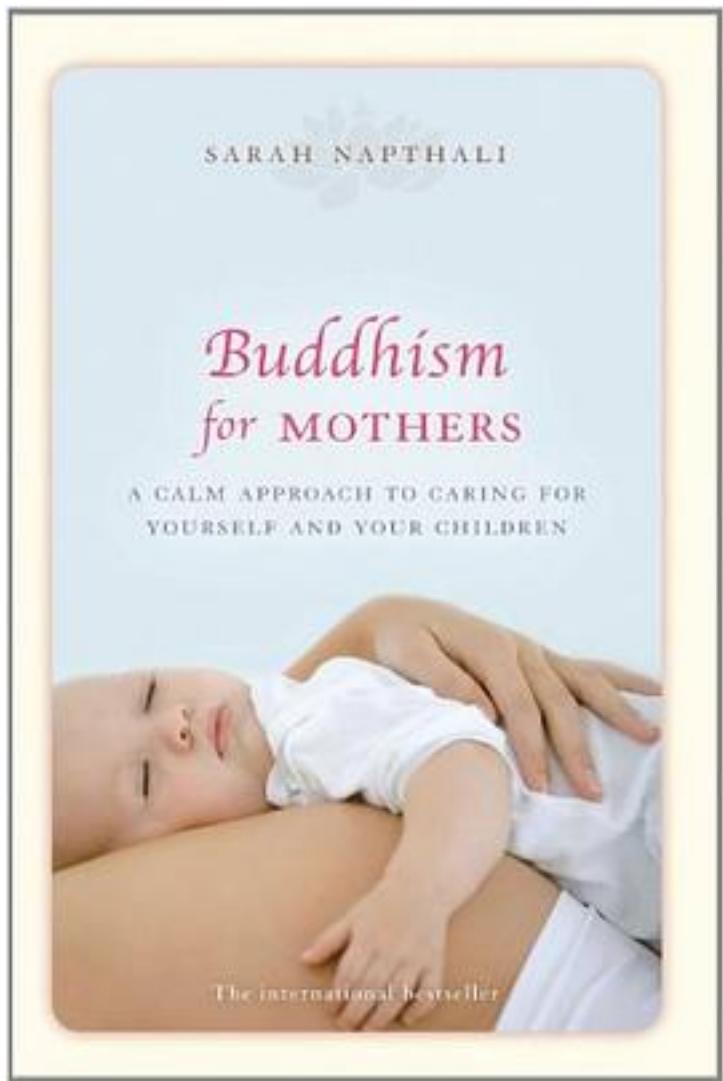


Buddhism for Mothers



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著者:Sarah Napthali

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Firmly grounded in the day-to-day reality of being a mother, this revolutionary guide" discusses Buddhist teachings as applied to the everyday challenges of bringing up children. Teaching how to become a calmer and happier mother through Buddhist teachings, this enlightened book helps mothers achieve their full potentials to be with their children in the all-important present moment, as well as to gain the most possible joy out of being with them. Parenthood can be a time of great inner turmoil for a woman--yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different; simply put, it's a book for mothers. Using Buddhist practices, Sarah Napthali offers ways of coping with the day-to-day challenges of motherhood. These ways also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering, "Buddhism for Mothers" can help enable a shift in perspective--so that a mother's mind can guide them through the day instead of dragging them down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents.

作者介绍:

萨拉·娜塔莉 (Sarah Napthali)

二十四岁那年，萨拉读到了一本讲述佛法的书籍，书中的教导让她受到感动，而有所感。

三十多岁时，萨拉成为了两个儿子的母亲，亲职工作的困难，给她带来截然不同的生活形态。她想做个有智慧的妈妈，却常常发现自身思考及行为的方式，连自己都无法认同。她觉得为了自己和孩子们，必须要更有耐性、更有慈悲心、对事情有更正向的看法。

于是，萨拉将自己做妈妈体会到的五味杂陈的经验，结合佛法书籍中的哲学教导，写作了这本深层关怀妈妈们的心灵和精神的书籍，帮助她们更好地面对身为妈妈所面临的挑战。

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标签

女性

parenting

育儿

正念

教育

佛学

评论

断断续续听完了，有些地方很实用！可以买纸质版整理重整理

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书评

身处人生的不同阶段，会对何为“人生的真相”有不同的看法。当我们还是个孩子的时候，会笃定地认为，父母就是自己“人生的真相”；当我们为人父母之时，会自然而然地认为，孩子才是自己“人生的真相”。而面对真相，是需要勇气和智慧的。
身为为人母之前，从没有人告诉过我们...

也是缘于他人推荐，买了这本书。

本来还是会质疑一个西方人讲东方的佛法会讲的怎么样，毕竟自己也接触了一些佛法的皮毛。

其实看下来，让我收获最大的是在做母亲的预期上，对已经孕育孩子但孩子还没有出生的我来说，的确让我更清醒的认识到了做母亲所遇到的困难...

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