



Zen Parenting: The Art of Learning What You Already Know

Judith Costello, Jurgen Haven

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Zen Parenting is filled with touching, inspiring, and humorous anecdotes of what it means to parent in today's world. This short story format allows readers to easily grasp and apply Zen concepts in their own lives. It offers practical insights into using the Zen practice of non-judgmental awareness to deal with the day-to-day chaos and joy of parenting.

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