



Buddhism for Mothers: A Calm Approach to Caring for Yourself and Your Children

By 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.

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Editorial Review

From Publishers Weekly

Buddhist practitioner Napthali has written an eminently practical book that gives frazzled mothers usable advice and empathy. At a time in their lives when women must balance the pulls of instinct, hormonally charged emotion and familial and social expectations, it is both possible and highly beneficial to practice Buddhism. While Buddhism has a long history of monastic practice and application, its modern expansion into the West has emphasized its relevance to householders. Parenting books are a logical application, though still relatively few in number (e.g. Jacqueline Kramer's *Buddha Mom: The Path of Mindful Mothering*). In a highly selective culling of teachings, Napthali wisely focuses on maternal mind states and how Buddhism can give a mother insight and literal breathing space before she responds to any parenting situation. The essential Buddhist teaching that all things are impermanent is highly relevant when responding to, for example, a toddler throwing a tantrum in public. The book is perhaps less deep than those written by longtime teachers, as so many Buddhist books are. But precisely because she is not a teacher and is in the midst of mothering, Napthali offers the approachable and authentic perspective of a rank-and-file practitioner who lives the techniques and situations she writes about. This book will be most useful for mothers of young children, providing them spiritual resources at a life stage when women need all the help they can get.

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Review

"This is an excellent, practical guide to everyday Buddhism not just for mothers, but for everyone who has ever had a mother." —Vicki Mackenzie, author, *Why Buddhism*

"The author guides busy women in the art of transforming their lives in the midst of chaos." —*Library Journal*

"An eminently practical book that gives frazzled mothers usable advice and empathy . . . the approachable and authentic perspective of a rank-and-file practitioner who lives the techniques and situations she writes about. This book will be most useful for mothers of young children, providing them spiritual resources at a life stage when women need all the help they can get." —*Publishers Weekly* on *Buddhism for Mothers*

About the Author

Sarah Napthali is a mother of two who tries to apply Buddhist teachings in her daily life. She is the author of *Buddhism for Mothers of Schoolchildren* and *Buddhism for Mothers of Young Children*.

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