

Mindfulness Parenting

Everyday Blessings: The Inner Work of Mindful Parenting- Jon and Myla Kabat-Zinn

A Path for Parents: What Buddhism Can Offer- Sarah Burns

Momma Zen: Walking the Crooked Path of Motherhood- Karen Maezen Miller

The Tao of Poop: Keeping your Sanity (and your soul) While Raising a Baby- Vivian Glyck

Buddhism for Mothers: A Calm Approach to Caring for Yourself and Your Children- Sarah Naphali. (She also has one called *Buddhism for Mothers of Young Children*)

The Tao of Motherhood- Vimala McClure