



A Path For Parents (What Buddhism Can Offer)

Sara Burns

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A Path For Parents (What Buddhism Can Offer) Sara Burns

Joyful and alive, A Path for Parents is for anyone interested in spiritual life within the context of parenting - Buddhists and non-Buddhists alike. It is a refreshingly honest and accessible account of how parents can grow spiritually among the everyday experiences of life with children. Sara Burns, mother and Buddhist practitioner, draws on her personal experience and research with Buddhist parents to identify the key opportunities and obstacles for growth inherent within parenting.

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