

Genitori Mindful Come Crescere I Propri Figli Con Amore Presenza E Consapevolezza

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Diventare grandi con la mindfulness - Lavinia Costantino

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Una mappa di viaggio per tutti gli adulti - non solo genitori - che vogliono vivere la relazione con i bambini e i ragazzi in modo più curioso, attento e consapevole. Una guida che aiuta a prenderci cura di noi stessi nel nostro ruolo educativo, per poi dedicarci al meglio ai piccoli e agli adolescenti che ci stanno a cuore. Cosa succederebbe se scoprissimo che la felicità è l'obiettivo finale? Che il cuore può essere il nuovo cervello? Che non solo le competenze scolastiche, ma anche qualità come il coraggio, la gentilezza e la sensibilità possono essere coltivate per aiutare bambini e ragazzi a diventare i migliori adulti possibili per il mondo di domani? Un libro pieno di domande a cui trovare risposte, con tracce audio (fruibili tramite QR Code) per meditare da subito anche a casa, e storie per immaginare il mondo coraggioso e gentile che possiamo creare insieme.

Genitori mindful - Susan Stiffelman 2016-04-14

Le pagine di questo libro vi guideranno in un viaggio che appporterà pace, gioia e positività al vostro modo di essere genitori. Apprenderete strategie che vi aiuteranno a destreggiarvi fra gli alti e bassi della vita e sarete in grado di educare i vostri figli con maggiore consapevolezza. Imparerete in che modo spegnere quelle scintille che vi fanno perdere l'equilibrio e scoprirete che proprio quei comportamenti che vi innervosiscono tanto (la mancanza di collaborazione, la disubbidienza, le impuntature...), se visti nell'ottica della mindfulness, possono aiutarvi a liberarvi da vecchi schemi educativi, consentendovi di crescere i vostri figli con maggiore serenità e felicità. Ricco di consigli pratici, esercizi e tante storie tratte dall'esperienza dell'autrice, il libro vi insegna a diventare i genitori che desiderate essere e a crescere bambini altruisti e sicuri di sé. Ma anche a vedere i vostri figli come strumenti per trasformare il vostro cuore e la vostra anima. Un prezioso aiuto per vivere la genitorialità come un'esperienza di crescita spirituale, trasformando le sfide di ogni giorno in opportunità di maturazione personale.

Secrets of the Baby Whisperer for Toddlers - Tracy Hogg 2002-01-29

Unnerved by the ceaseless demands of your toddler? Concerned that your two-year-old isn't developing on schedule? You clearly need to spend some time with Tracy Hogg. Nicknamed the "baby whisperer" by grateful parents because of her extraordinary gift for understanding and connecting with children, Tracy became internationally famous after the smashing success of her New York Times bestseller *Secrets of the Baby Whisperer*. Now Tracy is back with the same winning blend of common sense, uncanny intuition, and results-getting guidance in her new book, *Secrets of the Baby Whisperer for Toddlers*. Yes, the toddler years have their stresses and challenges for both parents and children—but with Tracy at your side, you'll find that this can also be the most fascinating and rewarding stretch of parenthood. As in her hugely popular first book, Tracy brings her vast experience to bear on the issues and dilemmas with which all parents grapple during toddlerhood. Starting with the simple but essential premise that there is no such thing as a "typical" child, Tracy guides you through her unique programs, including:

- H.E.L.P. (Hold back, Explain, Limit, Praise): the mantra that will remind you of the four elements that are critical to fostering your child's growth and independence.
- Using T.L.C. (Talk, Listen, Clarify) to communicate with your toddler, to figure out what she is really thinking, and to best help her express herself.
- R&R: the Routines and Rituals that give structure and predictability to daily life and a sense of continuity to holidays and special occasions.
- Rehearsals for Change: ways of preparing your toddler for new experiences by encouraging her to practice her skills in the safe, controlled setting of your family.
- Conscious Discipline: a way of teaching your toddler how to behave and

manage his emotions, while being mindful of the lessons you teach with your own behavior. Tracy knows that your child is special—a one-of-a-kind individual with her own gifts and needs—and she has dedicated this marvelous new book to helping you appreciate and respect your child's uniqueness. Whether it's making new friends, mastering potty training, or eating at the family dinner table, your child will do it in her own way and at his own pace. With Tracy as your guide, you can share in the achievements of toddlerhood every step of the way. Practical, reassuring, and written with wit and energy and boundless enthusiasm for real children and their everyday behavior, this book will be your constant companion during the magical, challenging toddler years.

Planting Seeds - Thich Nhat Hanh 2007-05-09

Planting Seeds: Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community's collective practice with children. Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD cover a wide range of contemplative and fun activities parents and educators can do with their children or students. The activities are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication. *Planting Seeds* offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and inviting to children. The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, children's versions of *Touching the Earth* and *Deep Relaxation*, eating meditation and dealing with conflict and strong emotions. Also included, are the lyrics to the songs on the enclosed CD that summarize and highlight the key teachings, as well as a chapter on dealing effectively with conflict in the classroom or difficult group dynamics, based on a conference with Thich Nhat Hanh, teachers and students. The accompanying CD has inspiring recordings of all the songs in the book as well as a guided pebble meditation, total relaxation, and children's touching the earth. Beautiful, color illustrations by Wietske Vriezen *Illustrator of Mindful Movements* (ISBN-13: 978-1-888375-79-4) accompany the various practices. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this book and CD helpful. It is full of wisdom on how to simply be with children and nourish their compassion for themselves and others. Illustrated by Wietske Vriezen *Illustrator of Mindful Movements* (*Mindful Movements - Ten Exercise for Well Being*, ISBN-13: 978-1-888375-79-4). Includes 1 audio CD.

La comunicazione efficace - Gerardo Magro

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The Shift - Wayne W. Dyer, Dr. 2010-03-01

The Shift—the book inspired by the movie of the same name—illustrates how and why to make the move from ambition to meaning. Experience the internationally renowned principles and teachings of Dr. Wayne W. Dyer as they come to life in this one-of-a-kind enhanced e-book. Download *The Shift* and allow these lessons to guide you down a more authentic and rewarding path today. As we contemplate leaving the morning of our life, where ego has played a commanding role, and entering the afternoon (and evening), where meaning and purpose replace ambition and struggle, we may encounter unexpected occurrences that accompany this new direction. It's almost a universal law that we'll experience a fall of some kind. Yet these falls or low points provide the energy we need to move away from ego and into a life of meaning and purpose. *The Shift* doesn't mean that we lose our drive and

ambition; it signifies that we become ambitious about something new. We make a commitment to living a life based on experiencing meaning and feeling purposeful, rather than a life based on never-ending demands and false promises that are the trademark of the ego's agenda.

Wave - Suzy Lee 2008-04-16

A wordless picture book that shows a little girl's first experiences at the beach, as she goes from being afraid of the roaring waves to playing on the shore while gulls soar overhead.

The Attachment Parenting Book - William Sears 2001-09-01

America's foremost baby and childcare experts, William Sears M.D. and Martha Sears, R.N., explain the benefits -- for both you and your child -- of connecting with your baby early. Would you and your baby both sleep better if you shared a bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment foster a child's eventual independence? Dr. Bill and Martha Sears -- the doctor-and-nurse, husband-and-wife team who coined the term "attachment parenting" -- answer these and many more questions in this practical, inspiring guide. Attachment parenting is a style of parenting that encourages a strong early attachment, and advocates parental responsiveness to babies' dependency needs. The Attachment Parenting Book clearly explains the six "Baby B's" that form the basis of this popular parenting style: Bonding, Breastfeeding, Babywearing, Bedding close to baby, Belief in the language value of baby's cry, and Beware of baby trainers. Here's all the information you need to achieve your most important goals as a new parent: to know your child, to help your child feel right, and to enjoy parenting.

Coaching pratico scopri le tue potenzialità e migliora la tua autostima - Daniela Arcangeli 2022-10-10

Vuoi essere più felice? Vuoi sentirti sicuro come non lo sei mai stato? Vuoi gestire al meglio i tuoi figli? Vuoi imparare a gestire la fame emotiva? Vuoi sentirti pieno di gratitudine in ogni situazione? Se hai risposto di sì ad almeno una delle domande, allora questo è il libro che fa per te! Questa guida UNICA di Coaching PRATICO è per tutte le persone che veramente vogliono avere più potere e più felicità nella loro vita creando così il proprio destino". "Coaching Pratico: Scopri le Tue Potenzialità Migliora la tua Autostima & Libera il tuo talento & Migliora le tue relazioni", un manuale di auto-aiuto scritto, tramite punti di riflessione ed esercizi per eliminare le convinzioni limitanti inediti e ti trasporterà dolcemente verso la fioritura di una nuova consapevolezza, per trovare la forza e l'entusiasmo di vivere la vita sentendoti in armonia con te stesso, con gli altri e con tutto l'universo. Ti hanno sempre detto che per essere felice occorre migliorarsi e cambiare, ma è uno sforzo sbagliato e inutile. Dobbiamo imparare ad ascoltarci e lasciare emergere la nostra unicità, la sola fonte di vera felicità. Ecco la strada per essere se stessi: liberarsi dai modelli e dai ruoli, dal gestire la nostra vita e anche la nostra alimentazione imparare a osservare senza giudicare, aprire la mente al nuovo e all'inatteso

Family Whispering - Melinda Blau 2014-02-18

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

Scars Like Wings - Erin Stewart 2021-01-12

Relatable, heartbreaking, and real, this is a story of resilience--the perfect novel for readers of powerful contemporary fiction like *Girl in Pieces* and *Every Last Word*. Before, I was a million things. Now I'm only one. The Burned Girl. Ava Lee has lost everything there is to lose: Her parents. Her best friend. Her home. Even her face. She doesn't need a mirror to know what she looks like--she can see her reflection in the eyes of everyone around her. A year after the fire that destroyed her world, her aunt and uncle have decided she should go back to high school. Be "normal" again. Whatever that is. Ava knows better. There is no normal for someone like her. And forget making friends--no one wants to be seen with the Burned Girl, now or ever. But when Ava meets a fellow survivor named Piper, she begins to feel like maybe she doesn't have to face the nightmare alone. Sarcastic and blunt, Piper isn't afraid to push Ava out of her comfort zone. Piper introduces Ava to Asad, a boy who loves theater just as much as she does, and slowly, Ava tries to create a life again. Yet Piper is fighting her own battle, and soon Ava must decide if she's going to fade back into her scars . . . or let the people by her side help her fly.

The Five Misfits - Beatrice Alemagna 2018-05-23

When Mr Perfect comes to stay, the five misfits find themselves questioning what their purpose in life is. Can they teach him that not fitting in is more fun than trying to be perfect? A quirky, allegorical picture book from the multi award-winning creator of *A Lion in Paris*.

Ask Me - Bernard Waber 2015

A father and daughter explore their neighborhood, talking and asking

questions as they go.

Parenting from the Inside Out - Daniel J. Siegel MD 2013-12-26

An updated edition—with a new preface—of the bestselling parenting classic by the author of "BRAINSTORM: The Power and Purpose of the Teenage Brain" In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences shape the way we parent. Drawing on stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children. Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's decades of experience as a child-development specialist and parent educator, this book guides parents through creating the necessary foundations for loving and secure relationships with their children.

Genitori mindful. Come crescere i propri figli con amore, presenza e consapevolezza - Susan Stiffelman 2015-06

Maths for Mums and Dads - Mike Askew 2010-07-06

Looking for a practical maths guide to help with home schooling? *Maths for Mums and Dads* is the solution. *Maths for Mums and Dads* guides you through the basics of primary school maths and covers the dilemmas and problems you are likely to be confronted with, including: * number bonds, place value and decimals * long multiplication and division * fractions, percentages and decimals * basic geometry, shapes, symmetry and angles * data-handling, combinations and chance Complete with sample questions, mock exam papers and examples of children's errors, *Maths for Mums and Dads* will challenge and reassure in equal measure.

The New Authority - Haim Omer 2010-11-15

Haim Omer builds on his previous work to present a model of authority for parents, teachers and community workers that is suitable for today's free and pluralistic societies. This new authority contrasts with traditional authority in that it emphasizes self-control and persistence over control of the child, a network of support over a strict hierarchy, taking mutual responsibility for escalations over holding the child solely responsible, patience over threats, non-violent resistance over physical force, and transparency over secrecy. In addition to a thorough discussion of the underlying theory, *The New Authority* presents a practical program for families, schools and communities. Dr Omer provides specific instructions to combat violence and risky behavior at home and in school, increase parent and teacher interest and support, and implement interventions that increase safety, improve atmosphere and generate community cohesiveness.

Mindfulness per genitori - Claudia Porta 2019-09-10

Essere un genitore consapevole è la chiave per vivere relazioni autentiche e appaganti con i propri figli. In questo libro, l'autrice vuole fornire un aiuto concreto a tutti i genitori che desiderano rafforzare questa consapevolezza, senza dedicare necessariamente tanto tempo alla meditazione: ogni occasione, infatti, è buona per praticare la mindfulness e sviluppare quell'atteggiamento che ci fa vivere il quotidiano con serenità, lucidità ed equilibrio. Uno strumento utile per affrontare tutte quelle situazioni che sembrano sfuggire al nostro controllo, come i capricci dei bambini piccoli, gli attriti con i figli più grandi, le difficili relazioni in famiglia, e ritrovare la pace e quello stato di grazia nel quale sentiamo di non avere bisogno di un motivo per essere felici. Un libro scorrevole e di facile lettura, che suggerisce esercizi da fare da soli o con i bambini, per godere appieno degli innumerevoli benefici che questa pratica riesce a dare.

Calm: Mindfulness for Kids - Wynne Kinder 2019-02-05

Teach your kids how to focus their thoughts and notice the world around them with this fun mindfulness kids activity book. Mindfulness activities are a great way to teach children about their thoughts and feelings and how to understand them--while having fun at the same time. This book is packed with activities--make a mindfulness jar, learn how to appreciate food with mindful eating, and get out into nature and explore the outside world. An illustrated journal section at the back of the book encourages children to make notes about their own thoughts and feelings. *Calm: Mindfulness for Kids* has everything you need to know about focusing your child's mind to help them enjoy and appreciate things that they take for granted every day, while boosting their confidence and self-esteem. Children are guided through each activity, to make sure they achieve maximum enjoyment and awareness. All children will learn and react to

each activity in a different way and parent's notes give advice on how to encourage children to embrace mindfulness in the modern world. Each specially designed activity is flexible for each child's needs and inspires them to seek calmness and tranquility in all situations. Calm: Mindfulness for Kids shows that supporting a child's positive mental health doesn't need to be expensive, time-consuming, or difficult. Activities help children to de-stress, focus, and get moving while having fun.

Breathe Like a Bear - Kira Willey 2017-12-05

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning CD, Mindful Moments for Kids, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go.

The Opposite of Worry - Lawrence J. Cohen 2013-09-10

"The most helpful book on childhood anxiety I have ever read."—Michael Thompson, Ph.D. Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of Playful Parenting, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of the body's "security system": alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and "white-knuckling" through a fear • find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm when a child is distressed • bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for The Opposite of Worry "The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions."—New England Psychologist "Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen's main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games."—Publishers Weekly "Here's the help parents of anxious children have been looking for! Dr. Cohen's genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children's confidence. While reading, I found myself thinking, 'I'd like to try that for myself!'"—Patty Wipfler, founder and program director, Hand in Hand Parenting "If you want to understand your child's anxiety—and your own parental worries—you must read Larry Cohen's brilliant book, The Opposite of Worry. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood."—Michael Thompson, Ph.D. "The Opposite of Worry offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child."—Aletha Solter, Ph.D., founder, Aware Parenting, and author of Attachment Play *Meditazioni. Dalla mindfulness una via pratica per la salute del corpo e della mente* - Gabriella Bertino 2012-08-09

The Right Place - Beatrice Masini 2020

A squirrel wakes from hibernation feeling something is wrong with his home, and after consulting his forest friends realizes that their community is what makes a place right.

Parenting Without Power Struggles - Susan Stiffelman 2012-03-13

A guide for busy parents on how to promote harmony in a family shares insights into various developmental stages in children while outlining strategic parenting strategies that promote cooperative behaviors without the use of threats or bribes. Original. 75,000 first printing. *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being (Norton Series on Interpersonal Neurobiology)* - Daniel J. Siegel 2007-04-17

A new framework for maintaining mental health and well-being. From the author of the internationally-acclaimed best-selling text *The Developing Mind*, and esteemed leader and educator in the field of mental health, comes the first book ever to integrate neuroscience research with the ancient art of mindfulness. The result is a groundbreaking approach to not simply mental health, but life in general, which shows readers how personal awareness and attunement can actually stimulate emotional circuits in the brain, leading to a host of physiological benefits, including greater well-being, resilience, emotional balance, and improved cardiac and immune function. For clinicians and laypeople alike, Siegel's illuminating discussions of the power of the focused mind provide a wealth of ideas that can transform our lives and deepen our connections with others, and with ourselves.

The Danish Way of Parenting - Jessica Joelle Alexander 2016-06-29

International bestseller As seen in *The Wall Street Journal*--from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this *hygge*--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all *hygge*. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, *The Danish Way of Parenting* will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

Una bussola per l'ansia - Marco Pacifico 2017-03-03T00:00:00+01:00 239.309

Gestire la rabbia. Mindfulness e mandala per imparare a controllare e usare questa emozione travolgente - Monica Morganti 2014-11-25T00:00:00+01:00 239.269

The Farmer and the Obstetrician - Michel Odent 2002

In his new book Michel Odent shows how farming and childbirth have been industrialized side by side during the 20th century - with dramatic and disturbing consequences. The similarities are striking. In both cases innovations have been presented as the long awaited solution to an old problem: the advent of powerful synthetic insecticides has, overnight, dramatically reduced the costs and increased agricultural productivity; the advent of the modern safe technique of caesarean section has offered serious new reasons to create gigantic obstetrical departments. In both spheres a small number of skeptics voiced doubts and fears concerning the negative long-term consequences of the widespread use of novel, little tested practices; although these repeated warnings initially went unheeded, they have motivated the development of "alternative" approaches and movements. At the turn of the new century the history of industrialized farming has suddenly speeded up. A collective global awareness has been sparked by a series of disasters, particularly "mad cow" and foot and mouth diseases. Industrialized childbirth has not yet reached the same phase of its history, but the parallels between these two industries suggest that there is more to link the farmer and the obstetrician than we had all realized..

Guida per genitori imperfetti - Susab M. Pollak 2022-10-25

Il volume offre esempi dettagliati, aneddoti personali ed eleganti esercizi per trasformare le fatiche della genitorialità in un atteggiamento di curiosità verso la propria esperienza e cominciare a occuparsi con cura di sé, attraverso l'integrazione della mindfulness e dell'autocompassione. L'invito di questo libro e quello di lasciare andare tutti quei comportamenti che rendono la genitorialità ancora più difficile di quanto non lo sia già di per sé, come confrontarsi con i propri genitori, paragonare i propri figli a quelli degli altri, biasimarsi per i propri inevitabili errori o litigare inutilmente con la prole o con il partner.

L'invito è invece quello di rivolgersi a sé in modo autentico nel mezzo della fatica, coltivare un atteggiamento di curiosità verso la propria esperienza e poi cominciare a occuparsi con cura di sé, cioè occuparsi del proprio cuore, concedendosi di essere, in quel momento, semplicemente come si è. Mindfulness e compassione La mindfulness e la compassione sono a disposizione di tutti e possiamo offrirne a chi ci sta accanto. Sono delle abilità che si possono sviluppare. Le pratiche che ci permettono di acquisire questa competenza personale non sono rivolte alle persone che sono già serene e hanno tutto sotto controllo. Potete essere come siete: oberati di pensieri e faccende, ansiosi, nevrotici, a corto di sonno e sull'orlo di una crisi di nervi, sempre di corsa e gravati di responsabilità. Non è certo un problema sentirsi «un disastro» o inadeguati in tutto ciò che si fa. Esistono molti modi per praticare la mindfulness e la compassione. Non a tutti piace stare in silenzio a guardarsi dentro. Ma non c'è problema. Non bisogna accontentarsi di una taglia unica. Questo libro vi aiuterà a trovare il vestito su misura per voi. Attraverso consigli, strategie, esperienze provate da chi ci è passato prima di voi. Per stare meglio con voi stessi e con gli altri.

Hello Ruby: Adventures in Coding - Linda Liukas 2015-10-06

Hello Ruby is the world's most whimsical way to learn about computers, programming and technology. Includes activities for all future coders.

Medito e sono felice - Bernard Baudouin 2017-05-20

Oggi i bambini e i ragazzi sono sempre più stressati, a scuola, nel tempo libero e in famiglia, in un ritmo incalzante di impegni e scadenze che causa loro «ansia da prestazione». Il disagio si manifesta in nervosismo, insicurezza, paure, fobie e asocialità. La meditazione è un'arte antica - non una tecnica, come si tende spesso a equivocare - in grado di rispondere anche alle esigenze profonde dei bambini a partire dai 5 anni, come hanno dimostrato i più recenti studi scientifici. La meditazione infatti - almeno la meditazione di consapevolezza o mindfulness - è un invito a fare diversamente le attività della vita quotidiana, sia per grandi che per piccini. A semplificare le proprie giornate, a rallentare la corsa, a fare una cosa per volta lasciando da parte il multitasking. Pierre Baudouin conosce bene gli effetti benefici della meditazione che coinvolge tutti gli aspetti della vita del bambino, e gli permette di avere a disposizione, in ogni momento, gli strumenti semplici e potenti per mantenere la consapevolezza delle proprie risorse interiori e l'equilibrio emotivo. In altre parole, per imparare a vivere bene nella propria pelle. Con trenta esercizi di meditazione da fare a scuola e in famiglia. E un'ampia introduzione dedicata alla meditazione per bambini in Italia.

Tutti i sì che aiutano a crescere - Sarah Cervi 2022-06-24

Un pratico manuale per scoprire quanto possa fare bene un sì nello sviluppo di una personalità equilibrata. Essere genitore è il mestiere più bello e difficile del mondo. Le mamme e i papà si trovano spesso a cercare un giusto equilibrio tra permessi e divieti, a dover scegliere tra ammonimenti e rimproveri da una parte e pazienza e stimolo allo sviluppo dell'autodisciplina dall'altra. Le regole e i limiti sostengono e indicano confini, mentre i permessi offrono quella spinta vigorosa verso l'evoluzione di sé stessi. I "sì", dunque, sono motori indispensabili per la formazione della personalità e per lo sviluppo di un individuo autonomo e sicuro di sé. Il bambino deve essere certo di potersi sentire triste, di poter avere paura, di arrabbiarsi, di essere in disaccordo con i grandi. Questo libro ha l'obiettivo di fornire consigli per un'educazione capace di bilanciare permessi e divieti, i sì e i no. Consentirà di capire quanto sia importante l'autostima, come insegnare ai bambini a gestire le emozioni, come comunicare efficacemente. Come educare a una sessualità consapevole e come aiutarli a diventare più sicuri di sé stessi. E infine, quali "sì" pronunciare nelle diverse fasce evolutive, dalla nascita del bambino all'età adulta. Bilanciare permessi e divieti per favorire lo sviluppo dell'autostima dei più piccoli. Il difficile mestiere di genitore. L'educazione dei no. Sì alle emozioni! Doveri e permessi. Diversi tipi di sì. Un sì per ogni stadio di sviluppo. L'adolescenza, un "capitolo a parte". Comunicare i sì in modo efficace. La sessualità come espressione di sé. Sarah Cervi. È psicologa, psicoterapeuta e insegnante di meditazione mindfulness. Lavora in ambito clinico, si occupa anche di educazione e sviluppo psicologico dei bambini, di sostegno alla genitorialità e di counseling e coaching per la gestione delle emozioni con adulti, adolescenti e bambini. È mamma di due figli adolescenti.

Secrets of the Baby Whisperer - Tracy Hogg 2001-06-01

"TRACY HOGG HAS GIVEN PARENTS A GREAT GIFT—the ability to develop early insight into their child's temperament." -Los Angeles Family When Tracy Hogg's *Secrets of the Baby Whisperer* was first published, it soared onto bestseller lists across the country. Parents everywhere became "whisperers" to their newborns, amazed that they could actually communicate with their baby within weeks of their child's

birth. Tracy gave parents what for some amounted to a miracle: the ability to understand their baby's every coo and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or just in need of a little TLC. Tracy also dispelled the insidious myth that parents must go sleepless for the first year of a baby's life—because a happy baby sleeps through the night. Now you too can benefit from Tracy's more than twenty years' experience. In this groundbreaking book, she shares simple, accessible programs in which you will learn: • E.A.S.Y.—how to get baby to eat, play, and sleep on a schedule that will make every member of the household's life easier and happier. • S.L.O.W.—how to interpret what your baby is trying to tell you (so you don't try to feed him when he really wants a nap). • How to identify which type of baby yours is—Angel, Textbook, Touchy, Spirited, or Grumpy—and then learn the best way to interact with that type. • Tracy's Three Day Magic—how to change any and all bad habits (yours and the baby's) in just three days. At the heart of Tracy's simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional wisdom, *Secrets of the Baby Whisperer* promises parents not only a healthier, happier baby but a more relaxed and happy household as well.

Mindfulness & the Natural World - Claire Thompson 2013-10-28

Mindfulness & the Natural World explores what it means to connect with nature and how we can learn from nature to be more mindful in everyday life. Claire Thompson takes us on an engaging journey into the natural world and encourages us to experience its beauty and intrinsic value through the art of mindfulness. Through personal anecdotes and proven insights, she reveals how a deeper awareness of the natural world is key to inspiring us to care about and protect nature, and developing a more sustainable world.

The Knight Who Said No - Lucy Rowland 2020-07-02

Ned the knight ALWAYS does exactly what he's told. When his parents ask him to pick up his toys, dig up the cabbages or go to bed on time, he does it all with a smile. And when the dragon swoops into town every night, he always runs inside just as he's asked. But one morning, instead of saying, "yes," he says, "NO!" He will NOT help his dad find his shield, his arrow or his bow, and he will certainly NOT let the butcher go past. That night, he refuses to go inside, and in doing so he confronts the dragon, making a very unlikely friend . . . A perfect picture book for toddlers just learning their first words, especially when they turns out to be - 'No!'.

Mindful Leadership Coaching - Manfred FR Kets de Vries 2015-12-01

Il più riconosciuto esperto di leadership a livello mondiale, Manfred F. R. Kets de Vries, attinge dalla propria esperienza nel campo del coaching di gruppo sulla leadership, per fornirci uno sguardo approfondito sul processo di coaching attraverso le lenti della mindfulness psicodinamica, considerando le diversità di apprendimento degli individui e delle organizzazioni. Kets de Vries offre importanti indicazioni su come i coach per la leadership possono aiutare i propri clienti a raggiungere un punto di svolta che li conduca verso un significativo cambiamento personale e professionale. Inoltre, nel presente lavoro illustra i più innovativi strumenti a sostegno di questa tecnica di intervento. Comprensivo di casi di studio e di questionari che facilitano una comprensione profonda delle dinamiche psichiche sottese ai cambiamenti personali e organizzativi, questo libro aiuterà i coach e i dirigenti a trasformare gli atteggiamenti, le credenze e i comportamenti del team e a creare un "best place to work".

Journey to Mindfulness - Henepola Gunaratana 2017-11-28

The inspiring life-story of from the bestselling author of *Mindfulness in Plain English*—updated and expanded in honor of his 90th birthday. Bhante Gunaratana—Bhante G., as he is affectionately called—has long been among the most beloved Buddhist teachers in the West. Ordained at twelve, he would eventually become the first Buddhist chaplain at an American university, the founder of a retreat center and monastery, and a bestselling author. Here, Bhante G. lays bare the often-surprising ups and downs of his more than ninety years, from his boyhood in Sri Lanka to his decades of sharing the insights of the Buddha, telling his story with the "plain-English" good-humored approach for which he is so renowned. This expanded anniversary edition includes four new chapters in which Bhante reflects on the impact of the tsunami that struck his homeland in 2004 and his subsequent appearance on *Larry King Live*, his brief experiment in ordaining nuns at his monastery, as well intimate reflections on the loss of family members, and his own aging and infirmity—providing a model an inspiring model to us all of gracious equanimity.

Disarmare il narcisista - Wendy T. Behary 2022-09-30T00:00:00+02:00

È il nostro partner, nostro figlio o una persona a noi vicina: il narcisista fa parte della nostra quotidianità, eppure siamo coscienti della difficoltà di dialogare con lui, di farci ascoltare, di superare gli ostacoli che impediscono di stabilire un rapporto affettivo sereno. Pensiamo di conoscerlo, ma non sappiamo come interagire. Wendy T. Behary offre un manuale chiaro ed efficace che ci aiuta a comprendere che tipo di

soggetto abbiamo davanti, da cosa deriva questo disturbo e come affrontare le specificità di una tale relazione.

Why Mommy Drinks - Gill Sims 2017-11-21

Why Mommy Drinks is the brilliant novel from Gill Sims, the author of the online sensation Peter and Jane.