



Everyday Blessings: Inner Work of Mindful Parenting

Jon Kabat-Zinn, Myla Kabat-Zinn

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Everyday Blessings: Inner Work of Mindful Parenting Jon Kabat-Zinn, Myla Kabat-Zinn The author of the best-selling *Wherever You Go, There You Are* joins with his wife to show parents how they can enrich their own and their childrens' lives through raising their awareness of life's gifts.



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