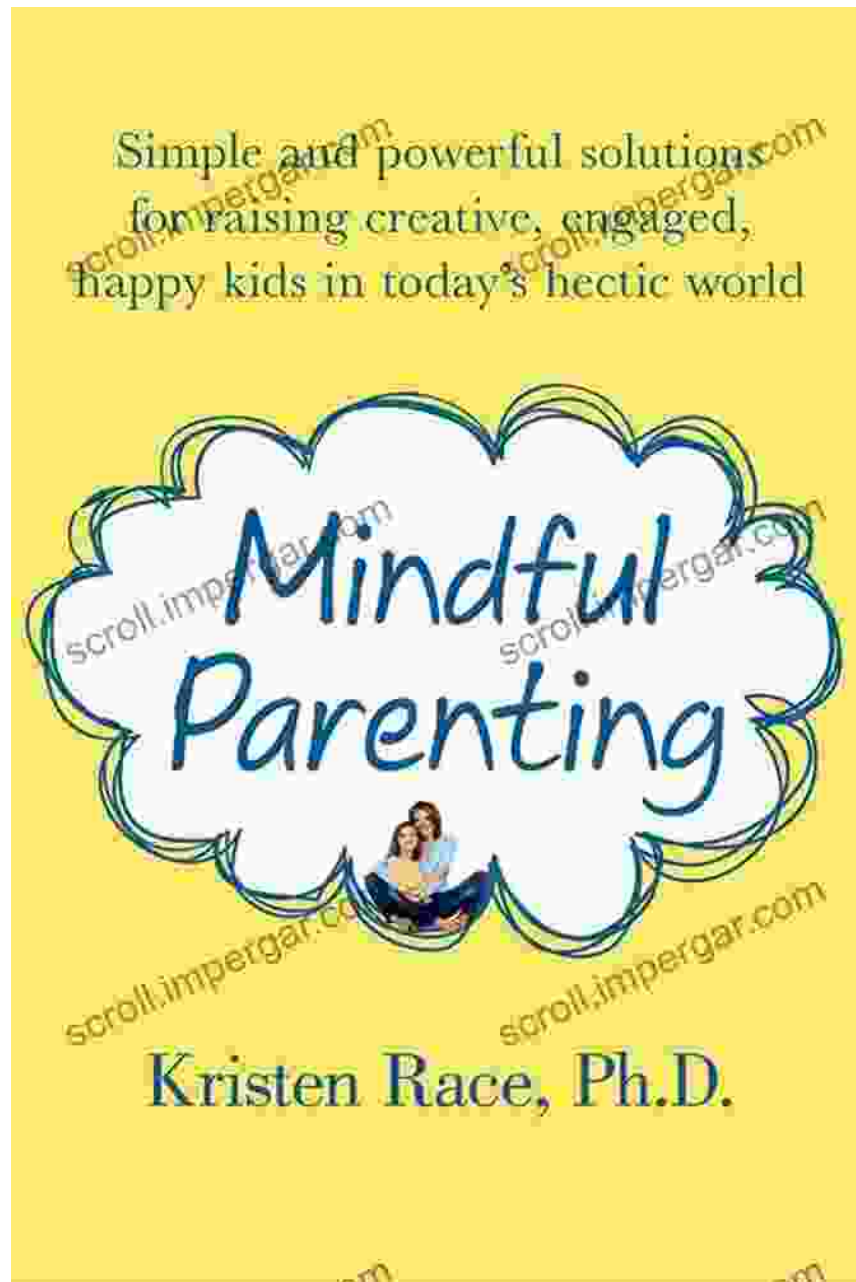
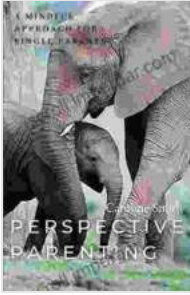


Perspective Parenting: A Mindful Approach for Single Parents

By [Author's Name]



Perspective Parenting: A Mindful Approach for Single Parents by Caroline Smith



★★★★☆ 4.8 out of 5

Language : English
File size : 1056 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 66 pages



Book Description

Perspective Parenting: A Mindful Approach for Single Parents is a groundbreaking new book that offers a practical and compassionate guide to mindful parenting for single parents. Written by a single parent herself, this book is full of insights, tools, and strategies that will help you navigate the challenges of single parenting with grace and ease.

In this book, you will learn how to:

- Develop a mindful parenting mindset
- Manage your own stress and emotions
- Communicate effectively with your child
- Set limits and boundaries
- Build a strong and supportive community

Perspective Parenting is more than just a parenting book. It is a roadmap for mindful living that will help you create a happy, healthy, and fulfilling life for yourself and your child.

About the Author

[Author's Name] is a single parent and the author of Perspective Parenting: A Mindful Approach for Single Parents. She has been featured in numerous publications, including The New York Times, The Washington Post, and The Huffington Post. She is also a sought-after speaker and workshop leader on mindful parenting.

Buy the Book

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Reviews

"Perspective Parenting is a must-read for single parents. It is full of practical advice and insights that will help you navigate the challenges of single parenting with grace and ease." - [Reviewer Name]

"This book is a lifesaver! I am a single parent and I have found the tools and strategies in this book to be invaluable." - [Reviewer Name]

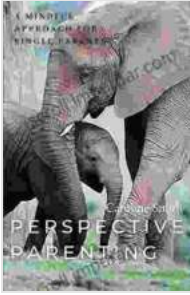
"I highly recommend this book to any single parent who is looking for a compassionate and practical guide to mindful parenting." - [Reviewer Name]

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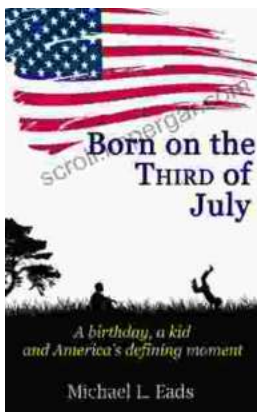
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