

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

Melanie Fennell's Overcoming Low Self-Esteem is a classic of self-help literature, winning acclaim for its practical and user-friendly approach and now recommended on the National Health Service's self-help scheme known as Books on Prescription.This book will aid readers to understand their condition and with this knowledge enable them to break out of the vicious circle of negative self-image, learn the art of self-acceptance and alter their lives for the better.Explains the nature of low self-esteem and self destructive thinking.Contains a complete self-help programme and monitoring sheets.Is based on clinically proven techniques of cognitive therapy.

The author of The Corporation argues that disturbing corporate practices are commercializing childhood and disempowering parents and governments at predatory levels, citing the negative effects of mainstream practices while outlining concrete changes. “The most empowering OCD book I have ever read.” –Reid Wilson, PhD, author of Stopping the Noise in Your Head Don’t just survive–thrive. In Everyday Mindfulness for OCD, two experts in obsessive-compulsive disorder (OCD) offer a blend of mindfulness, humor, and self-compassion to help you stop dwelling on what’s wrong and start enhancing what’s right–leading to a more joyful life. If you’ve been diagnosed with OCD, you already understand how your obsessive thoughts, compulsive behavior, and need for rituals can interfere with everyday life. Maybe you’ve already undergone therapy or are in the midst of working with a therapist. It’s important for you to know that life doesn’t end with an OCD diagnosis. In fact, it’s possible to not only live with the disorder, but also live joyfully. This practical and accessible guide will show you how. In Everyday Mindfulness for OCD, you’ll discover how you can stay one step ahead of your OCD. You’ll learn about the world of mindfulness, and how living in the present moment non-judgmentally is so important when you have OCD. You’ll also explore the concept of self-compassion–what it is, what it isn’t, how to use it, and why people with OCD benefit from it. Finally, you’ll discover daily games, tips, and tricks for outsmarting your OCD, meditations and mindfulness exercises, and much, much more. Living with OCD is challenging–but it doesn’t have to define you. If you’re tired of focusing on how “hard” living with OCD is and are looking for fun ways to make the most of your unique self, this book will be a breath of fresh air.

Asha Phillips writes as both a child psychotherapist and a mother, using case studies as well as informal anecdotes from family and friends as illustrations. She strips away the negative associations surrounding the word 'no' and celebrates change and setting limits as essential ingredients in development. In a new introduction, Asha Phillips explains why the idea of limits and boundaries have become ever more pertinent since the book was first published. Now with a new chapter on illness in the family, Saying No can continue to build confidence and self-esteem in both children and parents.

Bambini sicuri in un mondo insicuro

Here I am! Who are you?

Amore, mindfulness e relazioni

Cambia il tuo modo di pensare il cibo

Una pratica di meditazione rivoluzionaria

Be mindful. Live in the moment.

Raising Joyful, Resilient Kids While Staying Cool, Calm and Collected

Parenting trends come and go. Gentle parenting is different - it isn't a label for a precise set of rules but a method of parenting that embraces the needs of parent and child, while being mindful of current science and child psychology. It means parenting with empathy, respect, understanding - and boundaries. In The Gentle Parenting Book, Sarah Ockwell-Smith provides a trustworthy combination of what-to-expect information and gentle-parenting solutions to the most common challenges faced by parents with young children. Sarah addresses a wide variety of topics, including coping with a crying baby, introducing solid foods and creating healthy eating habits, potty training, starting nursery and school, sibling rivalry, tantrums, whining and sulking, aggressive behaviour and much more. And for those parents who have previously used a more authoritarian style of parenting, there's plenty of advice - and reassurance - on making the transition to a gentler approach. For many, gentle parenting comes as a relief because it chimes with their deepest instincts about the best way to raise their children.

Le pagine di questo libro vi guideranno in un viaggio che apporterà 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.

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.

Questo non è un libro sulle diete. È una rivoluzione permanente che trasformerà alla radice Il tuo rapporto con il cibo. Una semplice dieta, spesso, è una risposta temporanea e non duratura a un problema ben più complesso. Per arrivare a stare bene con il nostro corpo non serve infatti fare una lista di piatti proibiti: è invece necessario imparare a sviluppare abitudini alimentari sostenibili e realmente efficaci. In questo libro scritto con intelligenza e alla portata di tutti, Andy Puddicombe, guru internazionale della mindfulness, aiuta a riflettere sulle nostre scelte alimentari quotidiane, per diventare più consapevoli del nostro rapporto con il cibo. Un percorso che, associato a un programma integrato di dieci giorni, a una app gratuita specificatamente progettata e a suggerimenti sulle tecniche di meditazione più efficaci, ci conduce naturalmente a un cambiamento definitivo nel nostro stile di vita. Per essere più presenti, più appagati e più inclini a seguire spontaneamente un'alimentazione salutare. Andy Puddicombe è l'autore del bestseller Libera la mente. «Andy Puddicombe è un genio». - Emma Watson

A Commonsense Guide to Understanding and Nurturing Your Baby

Cognitive-Behavioral Play Therapy

Cognitive Therapy of Eating Disorders on Control and Worry

Diventare grandi con la mindfulness

Psychotherapy of Personality Disorders

Metacognition, States of Mind and Interpersonal Cycles

Little Exercises for a Calmer Life

Uno dei dati scientifici che consentono di prevedere con più affidabilità l’esito positivo dello sviluppo del bambino è il fatto che ci sia stata nella sua vita almeno una persona capace di essere presente con regolarità per lui. In un’epoca di distrazioni digitali e impegni pressanti, esserci per un figlio potrebbe sembrare un compito davvero arduo. Ma, rassicurano Daniel Siegel e Tina Payne Bryson, essere presenti non richiede necessariamente grandi quantità di tempo e di energia. Esserci significa offrire al bambino una presenza di qualità, semplice da assicurare se si tiene conto di quel che serve per un sano sviluppo infantile: protezione, comprensione, conforto e sicurezza, il “poker dell’attaccamento”. Basato sulle ultime scoperte delle neuroscienze, questo volume contiene racconti, “piani d’azione”, semplici strategie e suggerimenti per fornire al bambino il “poker dell’attaccamento” in ogni situazione: quando incontra difficoltà o, invece, riesce brillantemente in un compito e anche quando ci scusiamo per le volte in cui non ci siamo stati per lui. Una guida preziosa per coltivare nel bambino un sano paesaggio emotivo.

Il metodo rivoluzionario per farsi ascoltare dai figli e mantenere la calma Genitori sull’orlo di una crisi di nervi, stanchi e con i minuti contati. Mamme e papà stretti tra preoccupazioni del lavoro, incombenze quotidiane e pressioni sociali. È difficile mantenere i nervi saldi con i figli dopo una lunga giornata sfiancante. Weekend e vacanze che si trasformano in momenti di scontro a causa di impegni e compiti a casa... E così anche il più banale dei capricci o una risposta poco educata provocano litigi e urla. Ma come evitare di sgridare un bambino che ha rovesciato per la seconda volta il succo di mirtillo sul tappeto color panna o ha nascosto l’ennesimo brutto voto in matematica? E dopo la tempesta non sempre torna il sereno. Come risulta da una recente ricerca medica le urla sarebbero dannose quanto le percosse. Ecco allora che arriva in soccorso questa guida, forte di una solida base scientifica, per aiutare anche il più irascibile dei genitori a controllare completamente i sentimenti di disperazione e rabbia. E se diventare dei genitori migliori fosse davvero così semplice? La dottoressa Carla Naumburg sembra aver trovato la formula magica per avere figli felici e genitori sereni. Provare per credere! Non serve essere un genitore perfetto per essere un bravo genitore Vorresti essere un genitore calmo e razionale e invece continui ad alzare la voce e sgridare i tuoi figli? Non sei un cattivo genitore! Questo libro è un vero antidoto contro i momenti di rabbia e di stress che ogni genitore affronta: tanti consigli utili e preziosi, conditi da un pizzico di humour, per chi ha a che fare ogni giorno con i bambini «Un manuale che svela ai genitori il segreto per mantenere la calma quando i bambini fanno di tutto per fargliela perdere.» The Huffington Post Dr. Carla Naumburg è un’esperta di parenting e collabora con molte testate tra cui il «New York Times», «The Washington Post», «The Huffington Post», «Mindful Magazine», «Brain», «Child» e «Parents.com».

Psychologist and mental health worker Katherine Thompson shows how therapeutic mindfulness can be practised in ways that are consistent with a Christian worldview. By drawing on the church's rich tradition, she includes Christian mindfulness exercises that can be used to enrich our prayer lives, draw near to God and grow in Christlikeness. Every parent knows the unrelenting fervour of a four-year-old's tantrum, an eight-year-old's insistence on talking back, or a moody pre-teen's newfound hobby of brooding in anger. And every parent has asked the simple question: how can I avoid meltdowns and create more peace at home? While most parenting strategies are designed to coerce your kids to change, Parenting Without Power Struggles does something innovative, and focuses on where parents actually have real control: within themselves. When parents learn to keep their cool and parent from a strong and durable connection, they become able to help their children navigate the challenging moments of growing up. Family therapist Susan Stiffelman has shown thousands of parents how to be the confident 'captain of the ship' in their children's lives. Based on her successful practice and packed with real-life stories, Susan shares proven strategies and clear insights to motivate kids to cooperate and connect, making Parenting Without PowerStruggles an extraordinary guidebook for transforming your day-to-day parenting life.

The Child Whisperer

Tips, Tricks, and Skills for Living Joyfully

Parenting Without Power Struggles

Christ-Centred Mindfulness

Percorsi verso una leadership consapevole

ABCs for a Happy, Healthy Mind & Body

How to Grow an Unshakable Core of Calm, Strength, and Happiness

Genitori mindful. Come crescere i propri figli con amore, presenza e consapevolezzaGenitori mindfulCome crescere i propri figli con amore, presenza e consapevolezzaIL CASTELLO SRL

These days it ’ s hard to count on the world outside. So it ’ s vital to grow strengths inside like grit, gratitude, and compassion—the key to resilience, and to lasting well-being in a changing world. True resilience is much more than enduring terrible conditions. We need resilience every day to raise a family, work at a job, cope with stress, deal with health problems, navigate issues with others, heal from old pain, and simply keep on going. With his trademark blend of neuroscience, mindfulness, and positive psychology, New York Times bestselling author Dr. Rick Hanson shows you how to develop twelve vital inner strengths hardwired into your own nervous system. Then no matter what life throws at you, you ’ ll be able to feel less stressed, pursue opportunities with confidence, and stay calm and centered in the face of adversity. This practical guide is full of concrete suggestions, experiential practices, personal examples, and insights into the brain. It includes effective ways to interact with others and to repair and deepen important relationships. Warm, encouraging, and down-to-earth, Dr. Hanson ’ s step-by-step approach is grounded in the science of positive neuroplasticity. He explains how to overcome the brain ’ s negativity bias, release painful thoughts and feelings, and replace them with self-compassion, self-worth, joy, and inner peace.

Follow-up to the bestselling Mindfulness: Be Mindful. Live in the Moment. Gill Hasson, author of the bestselling Mindfulness is back and this time you can fit her advice in your pocket! This little book is packed with over 100 quick exercises, each dealing with a different situation, to help you get calm, collected, and balanced. So whenever you start to feel the stress mounting, reach for your Mindfulness Pocketbook, find the relevant exercise and instantly make life better! So if you feel like life is moving too fast and you're struggling to keep up with constant demands and commitments, don't let anxiety and worry get the better of you — integrate these mindfulness exercises, practices, and reflections into your daily life and get in control and feel more confident, calm, and present. By progressing through the pocketbook, you will develop mindful ways of thinking and doing that will benefit a wide range of situations in your personal, social, and work life. Slow down, take a deep breath, and take that step toward an easier and more manageable life. The Mindfulness Pocketbook will help you: Move in the direction of greater calm, balance, and wellbeing Increase your insight and awareness Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better self-esteem Be more able to manage other people's demands, stress, anxiety, and worry Experts increasingly recognise that developing mindfulness skills is an effective way to improve performance, reduce stress, enhance emotional intelligence, increase life satisfaction, and develop leadership skills. A mindful person consciously brings awareness to the here-and-now with openness, interest, and receptiveness. Mindfulness Pocketbook is the take-with-you guide to receptive, constructive thinking.

The aim of this book is to illustrate a variant of the standard cognitive treatment for eating disorders. This therapy is based on the principle that assessing and treating the patient's process of worry and sense of control fosters greater understanding of the psychopathology of the eating disorder and increases the efficacy of cognitive treatment. The book is an edited collection of chapters that discuss the psychopathological roles played by control and worry in eating disorders, and provide a detailed description of the therapeutic protocol, which primarily focuses on the treatment of the cognitive factors of control and worry as core factor of a psychotherapy of eating disorders. In addition, the book shows contributions from other theorists in the field who have investigated the role of worry, preoccupation, and control, or who explore the connections between worry, control, and other emotional factors underlying eating disorders, such as perfectionism, self-esteem, and impulsivity.

Bringing our Awareness Back to Nature

Come la presenza dei genitori influisce sullo sviluppo dei bambini

Bilingual Edition

Resolving conflicts between adults and children

Why It's Important for You and Your Child

Come crescere i propri figli con amore, presenza e consapevolezza

Mindful Leadership Coaching

In a gently parented home, boundaries are focused on guiding rather than controlling children and are maintained through empathetic and creative resolutions rather than harsh punitive consequences. Written by best-selling parenting and children's book author and mother of six, L.R.Knost, 'The Gentle Parent: Positive, Practical, Effective Discipline' provides parents with the tools they need to implement the Three C's of gentle discipline--Connection, Communication, and Cooperation--to create a peaceful home and a healthy parent/child relationship. Presented in bite-sized chapters perfect for busy parents and written in L.R.Knost's signature conversational style, 'The Gentle Parent' is packed with practical suggestions and real-life examples to help parents through the normal ups and downs of gentle discipline on the road to raising a generation of world changers. Zen Master Thich Nhat Hanh's key teaching is that through mindfulness, we can learn to live in the present moment and develop a sense of peace. Accessible to those new to Buddhist teachings as well as more experienced practitioners, Happiness is the only book that collects all practices adapted and developed by Thich Nhat Hanh in his more than 60 years as a Buddhist monk and teacher. With sections on Daily Practice, Relationships, Physical Practices, Mindful Eating, and Practicing with Children, Happiness is a comprehensive guide to living our daily lives with full awareness, whether we are working, eating, parenting, driving, walking, or simply sitting and breathing. Thich Nhat Hanh says, ''Enjoy your practice with a relaxed and gentle attitude, with an open mind and receptive heart.... Joy and happiness are available to you in the here and now.'' Cognitive-Behavioral Play Therapy (CBPT) incorporates cognitive and behavioral interventions within a play therapy paradigm. It provides a theoretical framework based on cognitive-behavioral principles and integrates these in a developmentally sensitive way. Thus, play as well as verbal and nonverbal approaches are used in resolving problems. CBPT differs from nondirective play therapy, which avoids any direct discussion of the child's difficulties. A specific problem-solving approach is utilized, which helps the child develop more adaptive thoughts and behaviors. Cognitive-behavioral therapies are based on the premise that cognitions determine how people feel and act, and that faulty cognitions can contribute to psychological disturbance. Cognitive-behavioral therapies focus on identifying maladaptive thoughts, understanding the assumptions behind the thoughts, and learning to correct or counter the irrational ideas that interfere with healthy functioning. Since their development approximately twenty-five years ago, such therapies have traditionally been used with adults and only more recently with adolescents and children. It has commonly been thought that preschool-age and school-age children are too young to understand or correct distortions in their thinking. However, the recent development of CBPT reveals that cognitive strategies can be used effectively with young children if treatments are adapted in order to be developmentally sensitive and attuned to the child's needs. For example, while the methods of cognitive therapy can be communicated to adults directly, these may need to be conveyed to children indirectly, through play activities. In particular, puppets and stuffed animals can be very helpful in modeling the use of cognitive strategies such as countering irrational beliefs and making positive self-statements. CBPT is structured and goal oriented and intervention is directive in nature.

THE LIFE-CHANGING BESTSELLER - OVER 1.5 MILLION COPIES SOLD 'A deeply compassionate guide to self-care - simple and profound' Sir Kenneth Branagh 'If you want to free yourself from anxiety and stress, and feel truly at ease with yourself, then read this book' Ruby Wax Authoritative, beautifully written and much-loved by its readers, Mindfulness: A practical guide to finding peace in a frantic world has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of

Where To Download Genitori Mindful Come Crescere I Propri Figli Con Amore, Presenza E Consapevolezza

anxiety, stress unhappiness and exhaustion. It promotes the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage. Mindfulness is based on mindfulness-based cognitive therapy (MBCT). Co-developed by Professor Mark Williams of Oxford University, MBCT is recommended by the UK's National Institute for Health and Care Excellence and is as effective as drugs for preventing depression. But, equally, it works for the rest of us who aren't depressed but who are struggling to keep up with the relentless demands of the modern world. By investing just a few minutes each day, this classic guide to mindfulness will put you back in control of your life once again.

Mindful eating

Genitori mindful. Come crescere i propri figli con amore, presenza e consapevolezza

The Attachment Parenting Book

Happy Teachers Change the World

Overcoming Low Self-Esteem

The Ultimate Handbook For Raising Happy, Successful, Cooperative Children

Mindfulness Pocketbook

Tutto quello che devi sapere per crescere una figlia felice dalla nascita all’adolescenza È facile crescere una femmina se sai come farlo! Mai prima d’ora i genitori sono stati così sotto pressione nell’impresa di crescere figlie sicure di sé, felici e di successo. Anche perché c’è un mondo di aspettative e condizionamenti che inizia da lontanissimo, quasi da “speriamo che sia femmina”. Questo libro vuole provare a offrire una prospettiva nuova, pratica e positiva per vivere l’esperienza di genitori in modo soddisfacente e sereno. Con suggerimenti facili da seguire, citazioni e consigli di genitori e figlie, è una guida che offre un supporto per affrontare i diversi periodi della crescita e tutte le prove, anche quelle che sembrano impossibili. Nessuna ricetta, quindi, perché non esiste la soluzione perfetta e ogni genitore, così come ogni figlia, è unico e speciale. Ci sono però tentativi che meritano di essere fatti, prospettive da ampliare, nuovi punti di vista da cui guardare e storie di vita vissuta che potrebbero rivelarsi illuminanti. Sempre partendo da un unico presupposto: crescere una figlia è un’avventura bellissima. «Ti fa sentire meglio già alla prima pagina: 7 segreti semplici da mettere in pratica subito, un libro davvero alla portata di tutti.» «Indispensabile per i genitori di figlie ribelli (e non ribelli, ovviamente): pieno di consigli pratici. Judy Reith è senza dubbio una madre saggia e sensibile.» Judy Reithè una consulente professionista per genitori, la fondatrice dell’associazione Parenting People, e la madre di tre figlie. Collabora regolarmente con radio, televisione e giornali sul tema della genitorialità.

An accurate description of the problems associated with personality disorders can lead to psychotherapists providing better treatment for their patients, alleviating some of the difficulties associated with handling such disorders. The authors draw on existing therapeutic approaches and concepts to offer a treatment model for dealing with personality disorders. Psychotherapy of Personality Disorders clearly discusses the models for different types of personality disorder, along with general treatment principles, focusing on: principles for identifying and classifying types of disorder theoretical analyses that are characteristic of each type practical therapeutic principals that are grounded in the basic theory. The language is clinician-friendly and the therapeutic model is illustrated with clinical cases and session transcripts making this title essential reading for psychotherapists, personality disorder researchers and cognitive scientists as well as professionals with an interest in personality disorders.

"From Awareness to Zen and everything in between, take a deep breath, find some quiet space, and together we'll discover the magic of mindfulness!"--Page 4 of cover.

The timeless New York Times bestselling guide to parenting that shows the power of inspiring values through example. A unique handbook to raising children with a compassionate, steady hand—and to giving them the support and confidence they need to thrive. Expanding on her universally loved poem “Children Learn What They Live,” Dorothy Law Nolte, with psychotherapist Rachel Harris, reveals how parenting by example—by showing, not just telling—instills positive, true values in children that they will carry with them throughout their lives. Addressing issues of security, self-worth, tolerance, honesty, fear, respect, fairness, patience, and more, this book of rare common sense will help a new generation of parents find their own parenting wisdom—and draw out their child’s immense inner resources. If children live with criticism they learn to condemn. If children live with sharing, they learn generosity. If children live with acceptance, they learn to love. And more wisdom.

Esserci

A Mindful Divorce. Uncoupling with the Collaborative Process

Gómez Pereira's Antoniana Margarita

The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being (Norton Series on Interpersonal Neurobiology)

Genitori mindful

Everyday Mindfulness for OCD

ABC for Me: ABC Mindful Me

Be calm, collected and in the moment Too often, life just races by. You don't fully experience what's happening now, because you're too busy thinking about what needs doing tomorrow, or distracted by what happened yesterday. And all the time your mind is chattering with commentary or judgement. Mindfulness allows you to experience the moment instead of just rushing through it. Being mindful opens you up to new ideas and new ways of doing things, reducing stress and increasing your enjoyment of life. With ideas, tips and techniques to help you enjoy a more mindful approach to life, you'll learn how to:

- Adopt more positive ways of thinking and behaving
- Become calmer and more confident
- Break free from unhelpful thoughts and thinking patterns
- Bring about positive changes in your relationships
- Achieve a new level of self-awareness and understanding

Life is happening right now; mindfulness will help you live in the moment, so it doesn't pass you by!

“La ruota della consapevolezza” è il nome con cui Daniel Siegel designa la pratica di meditazione da lui elaborata nel corso di molti anni e proposta a migliaia di persone in ogni parte del mondo. È una metafora visiva di grande efficacia per comprendere i meccanismi mentali ed emotivi che sono alla base dell’esperienza soggettiva. Sullo sfondo dei risultati conseguiti dalla ricerca scientifica riguardo agli effetti della meditazione sul cervello, l’autore ci insegna a coltivare le capacità di consapevolezza, di concentrazione e di compassione, fornendoci in questo modo gli strumenti per migliorare la qualità della nostra vita e la forza della nostra mente. La ricerca ha infatti mostrato che le pratiche di mindfulness sono in grado di affinare la capacità del cervello di affrontare con flessibilità le sfide dell’esistenza. Che non abbiate alcuna esperienza di pratiche riflessive o, all’opposto, siate esperti di meditazione, questo libro vi consentirà non solo di sviluppare una maggiore coscienza di voi stessi e del momento presente, ma anche di essere più vitali ed emotivamente equilibrati.

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.

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.

Children Learn What They Live

Happiness

The Gentle Parent

Diventare consapevoli

Childhood Under Siege

Guida per crescere bambini e ragazzi sereni

Innamorarsi è l ’ inizio di quello che potrebbe essere un bellissimo viaggio attorno al mondo degli affetti. Un viaggio in cui possiamo incontrare prove, dover superare difficoltà è imparare a stare insieme in tante situazioni diverse. In questo libro, arricchito da file audio per praticare la mindfulness, troverai suggerimenti e riflessioni che riguardano le tappe di questo viaggio. È un libro che potrai leggere scegliendo il capitolo che è utile per te in questo momento, visto che ogni sezione permette una lettura autonoma e indipendente. Troverai meditazioni, esercizi e spunti di riflessione perch è l ’ amore si realizza in pratica pi ù che in teoria. Senza dimenticare che l ’ amore è bello finch é è amore e che, a volte, sapersi lasciare pu ò diventare un atto d ’ amore. Ti faranno compagnia nella lettura le storie di relazioni tratte dall ’ esperienza clinica dell ’ autrice in cui potrai riconoscerti e rispecchiarti perch é ogni amore è unico ma tutti abbiamo lo stesso desiderio: sentirsi amati e apprezzati cos ì come siamo.

Il pi ù 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 pi ù 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 aiuter à i coach e i dirigenti a trasformare gli atteggiamenti, le credenze e i comportamenti del team e a creare un “ best place to work ” .

Carol Tuttle has worked in the field of self-help and personal development for over 20 years. Well-known for her work in the areas of energy psychology and energy healing, she has helped hundreds of thousands of people worldwide to live better lives with her inspiring books and life-changing programs – Energy Profiling and Dressing Your Truth.Carol now applies her expertise in human nature to the world of parenting. In her latest work, The Child Whisperer, she shines great light and understanding on what it takes to raise a child true to his or her nature.As the original Child Whisperer – and mother of five of her own grown children – Carol is esteemed by parents and children alike for her ability to resolve parent-child conflicts and struggles quickly, and increase cooperation and harmony. Her book turns longstanding parenting assumptions on their heads, and shows how parenting can be an even more intuitive, cooperative, fulfilling experience than any good parent has ever imagined.

In this excellent, short and instructive book - maybe one of Jesper Juul ’ s best - he explains how to handle yourself as an adult in conflict with children. The many ideas, concepts and practical suggestions apply whether you are a parent or a professional working in the educational system. The title summarizes the essence of true dialogue and through plenty of everyday examples this book provides adults with alternatives to shouting, criticizing and blaming - while respecting the personal integrity of everyone involved. Jesper Juul shows how to use personal language and thereby develop relationships built on equal dignity. Ultimately, this book helps adults become more authentic so children can be treated as real people.

Connection to Self and God

Il manuale per iniziare la meditazione a scuola e in famiglia: per bambini pi ù sereni, attenti e creativi

Mindfulness & the Natural World

A Work on Natural Philosophy, Medicine and Theology

A Guide to Self Discovery

Positive, Practical, Effective Discipline

Qualità mindful per amare senza equivoci

"Attachment Parenting" encourages early, strong, and sustained attention to the new baby's needs, this practical and inspirational book outlines the steps that will create the most lasting bonds between parents and their children.

Lawrence LeShan's classic guide to meditation introduced mindfulness to an entire generation. Now it's back in a special ebook edition. Since its initial publication nearly 50 years ago, this simple yet powerful guide has helped more than a million readers reap the profound and limitless rewards of meditation. Now, in a special new edition, How to Meditate is back, singing the virtues of a quiet mind in the overstimulating bustle of the modern world. Outlining a realistic and no-nonsense approach that will enable you to bring meditation effortlessly into your life, no matter how thinly stretched you are, How to Meditate is unrivaled as a source of inspiration and practical instr

for anyone seeking inner peace, relief from stress, and increased self-knowledge.

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.

Ormai di 'bau-bau' non si parla più, e nemmeno dell"uomo nero che arriva nottetempo a portar via i bambini cattivi'. Perfino l'inferno ha perso di concretezza. Ma i nuovi fantasmi non sono meno terrificanti: attentati, maremoti, terrorismo, guerre, carestie, desertificazione... Il mondo d'oggi contagia i bambini con le sue ansie, li spaventa facendo balenare davanti ai loro occhi scenari catastrofici. Come comunicare allora ai propri figli un senso di sicurezza in un mondo insicuro? Insegnando l'ottimismo, ovvero a vedere una soluzione oltre il problema, senza lasciarsi scoraggiare. Questo libro, raccontato con le parole dei bambini e arricchito dalle piu recenti ricerche scientifiche, si propone come una guida per trovare la forza, nonostante le difficoltà, di comunicare ai nostri figli ottimismo, speranza, fiducia nel futuro, volontà di scommettere su un avvenire migliore.

The Gentle Parenting Book

How to Meditate

How to raise calmer, happier children from birth to seven

Come crescere in maniera serena e intelligente una ragazza ribelle

Resilient

A Guide for Cultivating Mindfulness in Education

A practical guide to finding peace in a frantic world

In 1638, a small book of no more than 92 pages in octavo was published “apresso Gioanne Calleoni” under the title “Discourse on the State of the Jews and in particular those dwelling in the illustrious city of Venice.” It was dedicated to the Doge of Venice and his counsellors, who are labelled “lovers of Truth.” The author of the book was a certain Simone (Sim?)a Luzzatto, a native of Venice, where he lived and died, serving as rabbi for over fifty years during the course of the seventeenth century. Luzzatto's political thesis is simple and, at the same time, temerarious, if not revolutionary: Venice can put an end to its political decline, he argues, by offering the Jews a monopoly on overseas commercial activity. This plan is highly recommendable because the Jews are “wellsuited for trade,” much more so than others (such as “foreigners,” for example). The rabbi opens his argument by recalling that trade and usury are the only occupations permitted to Jews. Within the confines of their historical situation, the Venetian Jews became particularly skilled at trade with partners from the Eastern Mediterranean countries. Luzzatto's argument is that this talent could be put at the service of the Venetian government in order to maintain – or, more accurately, recover – its political importance as an intermediary between East and West. He was the first to define the role of the Jews on the basis of their economic and social functions, disregarding the classic categorisation of Judaism's alleged privileged religious status in world history. Nonetheless, going beyond the socio-economic arguments of the book, it is essential to point out Luzzatto's resort to sceptical strategies in order to plead in defence of the Venetian Jews. It is precisely his philosophical and political scepticism that makes Luzzatto's texts so unique. This edition aims to grant access to his works and thought to English-speaking readers and scholars. By approaching his texts from this point of view, the editors hope to open a new path in

research into Jewish culture and philosophy that will enable other scholars to develop new directions and new perspectives, stressing the interpenetration between Jews and the surrounding Christian and secular cultures.

Happy Teachers Change the World is the first official, authoritative manual of the Thich Nhat Hanh/Plum Village approach to mindfulness in education. Spanning the whole range of schools and grade levels, from preschool through higher education, these techniques are grounded in the everyday world of schools, colleges, and universities. Beginning firmly with teachers and all those working with students, including administrators, counselors, and other personnel, the Plum Village approach stresses that educators must first establish their own mindfulness practice since everything they do in the classroom will be based on that foundation. The book includes easy-to-follow, step-by-step techniques perfected by educators to teach themselves and to apply to their work with students and colleagues, along with inspirational stories of the ways in which teachers have made mindfulness practice alive and relevant for themselves and their students across the school and out into the community. The instructions in Happy Teachers Change the World are offered as basic practices taught by Thich Nhat Hanh, followed by guidance from educators using these practices in their classrooms, with ample in-class interpretations, activities, tips, and instructions. Woven throughout are stories from members of the Plum Village community around the world who are applying these teachings in their own lives and educational contexts.

Discourse on the State of the Jews

Mindfulness

How Big Business Targets Your Children

Saying No

Smettila di urlare

Medito e sono felice