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Mindful Parenting - A Guide for Mental Health

ELINE SNEL is a therapist and certified MBSR trainer and runs the Academy for Mindful Teaching in the Netherlands. She has been developing and teaching mindfulness-based courses for over twenty years and trains teachers to teach MBSR techniques to students.

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Mindful Parenting: A Guide for Mental Health Practitioners

The largest section of Dr. Bertinâ€™s book, *The Family ADHD Solution*, is devoted to mindfulness for parents because, he says, â€œparenting in general, but especially parenting kids with disabilities, is really, really stressful. And when it comes to ADHD, thereâ€™s research showing that parents are at a much greater risk for anxiety, depression and marital stress.â€•

Mindful Parenting - Child Mind Institute

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Sean Fargo is the Founder of Mindfulness Exercises, a resource of 1,500+ mindfulness meditations, worksheets, videos and trainings. He also provides mindfulness trainings for companies, executives, doctors, psychologists and healers around the world.

Strategies for Mindful Parenting - Mindfulness Exercises

Mindfulness: A Mindful Eternity in Meditation: Mindfulness Meditation Guide for All and All Moments by Dhumavarna Patkar: This book is another how-to guide for mindfulness meditation, though it relates mindfulness to Buddhism more than the other books on this list.

Top 50 Best Mindfulness Books (Reviews, PDF's and

Buy *Mindful Parenting: A Guide for Mental Health Practitioners (Mindfulness in Behavioral Health)* Softcover reprint of the original 1st ed. 2014 by Susan BÃ¶gels, Kathleen Restifo (ISBN: 9781493942763) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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