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Dharma Parenting: Understand Your Child's Brilliant Brain for Greater Happiness, Health, Success, and Fulfillment (Paperback)

By Dr. Frederick Travis, Robert Keith Wallace

Penguin Putnam Inc, United States, 2016. Paperback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. Two renowned neuroscientists and pioneers in documenting the benefits of Transcendental Meditation give parents a guided tour of their children's brains through contemporary science and ancient Ayurvedic typology (parents can type their kids and themselves) for a wealth of methods and insights to maximize your child's learning and behavioral style. Dharma Parenting offers a uniquely individual approach to raising a happy and successful child. The word dharma means a way of living that upholds the path of evolution, maintains balance, and supports both prosperity and spiritual freedom. For the first time, we can understand why one child learns quickly and forgets quickly while another learns slowly and forgets slowly; why one child is hyperactive and another slow moving; or why one falls asleep quickly but wakes in the night while another takes hours to fall asleep. Leading brain researchers Robert Keith Wallace and Frederick Travis combine knowledge from modern science, ancient Ayurveda, and their personal experience to show how to unfold the full potential of a child's brain, as well as how to nurture his or her...



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