



Mindfulness para padres e hijos Prácticas esenciales para ayudar a niños, adolescentes y familia

By Willard, Christopher

SIRIO EDITORIAL, 2017. Condition: Nuevo. Introducir mindfulness en la vida de nuestros niños y adolescentes es el mejor regalo que podemos brindarles. Esta técnica desarrolla la inteligencia emocional, aumenta la felicidad, alimenta la curiosidad y el compromiso, reduce la ansiedad y canaliza las emociones complejas y las experiencias traumáticas. Independientemente de cómo lo practiquemos, ofrece el don de la calma y la claridad cuando llegan tiempos difíciles, algo que inevitablemente sucederá, más allá de lo firmemente que intentemos proteger a nuestros hijos. Mindfulness para padres e hijos es la guía definitiva para que madres, padres y educadores empleen las herramientas de la atención plena y puedan criar niños seguros y felices, con resiliencia. Más de 75 ejercicios prácticos, sencillos y divertidos para: Potenciar la imaginación, el juego y la creatividad. Realizar ejercicios corporales de atención plena. Hacer un uso consciente de las nuevas tecnologías. Desarrollar las respuestas atenta y amistosa ante el estrés. Practicar mindfulness en entornos como colegios o empresas. Etc.



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