



## Conscious Parenting Workbook: A Companion and Study Guide to Conscious Parenting by Lee Lozowick (Paperback)

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By Bhadra Mitchell

Hohm Press, U.S., United States, 2015. Paperback. Book Condition: New. Workbook. 272 x 211 mm. Language: English . Brand New Book. This Workbook is the companion volume to Conscious Parenting by Lee Lozowick (Hohm Press, 2010) and is designed to be a useful map for parents, prospective parents and child-care-givers on this adventure. The Workbook (like Conscious Parenting itself) aims to assist readers in aligning with a big view of the subject and an overall context from which to parent and educate. Uniquely, Lozowick's work spoke to the ways and means for transforming ordinary family life with children into a primary means of spiritual practice, including the inevitable challenges for work-on-self. The Workbook follows the chapter-topics contained in the original book, covering subjects from enlightened birth practices, breastfeeding, our use of language with children, the limiting of early exposure to technology and negative influences for youngsters, to the creation of environments of safety and sanctuary for our teenagers. The contributors to this Workbook headed by Bhadra Mitchell, project manager and primary editor are all longtime students of Lee Lozowick. Some are parents, others grandparents, others friends of community families, some are mentors for children. Beneficially, each of them received Lee Lozowick's...



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