

"An insightful combination of ancient truths and modern brain science that can help us become wiser parents, raise healthier and happier kids, and create a better world." —David Lynch

Robert Keith Wallace, Ph.D.
and Frederick Travis, Ph.D

DHARMA PARENTING

Understand Your Child's
Brilliant Brain for Greater Happiness,
Health, Success, and Fulfillment



Robert Keith Wallace

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



[continue reading](#)

Two renowned neuroscientists and pioneers in documenting the advantages of Transcendental Meditation provide parents a guided tour of their children's brains through modern science and ancient Ayurvedic typology (parents may "type" their children and themselves) for a wealth of strategies and insights to increase your child's learning and behavioral design. The Eastern system of natural medication called Ayurveda has utilized three distinct mind/body types (and combos of the types) for a large number of years. For the very first time, we can understand why one young child learns quickly and forgets quickly while another learns slowly and forgets slowly; Leading brain experts Robert Keith Wallace and Frederick Travis combine knowledge from modern science, historic Ayurveda, and their personal knowledge to show how to unfold the entire potential of a child's brain, as well as how to nurture his / her inherent brilliance and goodness. Scientific tests suggest that there is a specific set of genetic, biochemical, and physiological characteristics that underlie each of the three main Ayurveda brain/body types. why one young child can be hyperactive and another slow moving; or why one falls asleep quickly but wakes in the night while another uses hours to drift off. The word "dharma" means a way of living that upholds the path of evolution, maintains stability, and facilitates both prosperity and spiritual freedom. The first tool of Dharma Parenting is definitely to determine your child's--and your own--mind/body type through a straightforward quiz. Dharma Parenting gives a uniquely individual approach to raising a happy and successful kid. Coupling older and new wisdom, Dharma Parenting presents exclusive insight into why a kid is the way they're and reveals how exactly to bring each kid into a condition of balance. Its vocabulary is readily comprehensible by parents of any cultural background, with real-life tales to illustrate regions of universal parental concern--such as feelings, behavior, language, learning styles, habits, diet, health issues, and, most importantly, the parent-child relationship.



[continue reading](#)

Understanding our variations.. I think it is so easier relating and understanding my child and our differences. This book has been so helpful.. Spectacular!. What an eye-opening reserve. Great ideas Superb advice, easy to check out, and based on sound principles that go deep into individual body-brain physiology. I've more patience because of her constitution. Many of the sections are customized for combos of parent and child body-types, this provides you with a fairly specific set of tips and guidelines to suit every family. I am able . Therefore many things make so much more sense if you ask me now. On top of that is that all ideas for improvement derive from practices of simple methods such as for example Transcendental Meditation, or various other simple behavioral recommendations. As a yoga teacher, I especially like this book. Loved It This is a wonderful book. The book pays to for even learning about oneself.S. H At last, the missing manual that the stork didn't bring with our children ! Brief caselets at the front end of every chapter make the whole thing come together very nicely. This book is crucial for all those who have kids and have been kids. Brilliantly written and nuts-and-bolts helpful. Great book to raise your children and young adults in a happy and health way It is a great book to increase your children to be happy and healthy.Many thanks for this knowledge. Keith Wallace's book is simple to understand and so helpful for parents trying to raised understand their children's character. Five Stars This is so useful. The publication is highly readable with no neuro-science jargon. This book has been so helpful. Deeply insightful and filled up with phractical wisdom.. Strongly suggested! I am in a position to see my kids ina very different light and cope with their differences much more lovingly. I liked reading it. It is insightful, intelligent, apparent, articulate and filled with valuable information. Every mother or father will find out something of inestimable value. Kudos to the authors.Understanding the body type from an Ayurveda perspective is definitely immensely beneficial to help understand and acknowledge your children's growth route and behavior patterns. Learn to find out your child Author offers presented the topic with such simple way and I would recommend every parents to learn this book to comprehend your child Two Stars Did not enjoy this book just as much as I thought I'd. good info ,,,great angle,,, love how he is aware of kids brains,,the growing brain,,neat,,, Fascinating! Thank you! I hardly ever knew there was several brain type. Dr. Just reading the intro chapter itself supply the reader plenty of ideas to do things in different ways with yourself, and/or your children. I couldn't put it down and took so many notes. Loved it!



[continue reading](#)

download Dharma Parenting: Understand Your Child's Brilliant Brain for Greater Happiness,

Health, Success, and Fulfillment pdf

download free Dharma Parenting: Understand Your Child's Brilliant Brain for Greater Happiness, Health, Success, and Fulfillment txt

[download Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart e-book](#)

[download The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions djvu](#)

[download Super Mind: How to Boost Performance and Live a Richer and Happier Life Through Transcendental Meditation epub](#)