



raising resilience

THE WISDOM
AND SCIENCE OF
HAPPY FAMILIES
AND THRIVING
CHILDREN

CHRISTOPHER
WILLARD, PSYD

"The kind of wisdom families need in these challenging times."

TAL BEN SHAHAR, author of *Happy*

Christopher Willard PsyD

Raising Resilience: The Wisdom and Science of Happy Families and Thriving Children



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•such as for example generosity, kindness, honesty, determination, and patience.three types of wisdom and how exactly to steer kids' Raising Resilience can be a practical guideline for parents and educators of kids from preschool through adolescence, detailing ten universal principles for happy families and thriving kids.s community• Christopher Willard offers an abundance of teachings on:• Getting through Giving—evolve and grow into our perfect selves. Why Carrying out the Right Thing Is the Best Thing to Perform—growth mindset's family members, and I'Bridging the latest technology with Eastern wisdom to explore ourselves and share with our kids, Dr. Less is Even more Parenting—how letting move of what's no longer necessary creates space, freedom, and the possibility for some thing new• The Kindness Contagion—Today, an evergrowing body of analysis from neuroscience and interpersonal psychology helps these teachings, offering insights into cultivating these virtues in ourselves and in our households. "under-construction" Developing Up with a Grit and Growth Mindset— Even the Buddha Experienced Helicopter Parents—releasing stress about more than- or under-parenting and the desire to have the "s inevitable good and the bad through the attitude of equanimity" family members• The Buddha and the Marshmallow—tolerance in spirituality and research, including practices to strengthen persistence in yourself as well as your kids• What Pieces Us Totally free—how truthfulness and honest behavior create safety and independence for everyone• thoughts toward wise action•the best methods to encourage resilience and dedication through reinforcing and rewarding the "living in harmony with oneself, one'Atlanta divorce attorneys spiritual tradition, we discover teachings on the virtues and qualities that we most want to spread to our kids— Building a Wiser Mind—cultivating lovingkindness, compassion, and empathy• Finding Balance in a Broken Globe and Staying Stable through the Stress—how to abide lifestyle'perfect"The practices in this publication ultimately come together to help us build thriving, happy, and resilient families and communities, regardless of how we categorize them," writes Dr. Willard."the countless types of generosity we are able to model for kids, and the fascinating fresh findings on the energy of providing• Raising Resilience is an accessible resource to greatly help each one of us and us members, "



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An excellent read for the parent looking for new ideas It was a thought provoking publication. So powerful This is an amazing book. A great read for the mother or father looking for new ideas. Centered on mindfulness. Different then your typical parenting book this is a book that goes into further depth about mindfulness and teaching our kids to develop up with a healthy self image and capability to get over a verity of conditions without losing themselves



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