

"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**



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Two renowned neuroscientists and pioneers in documenting the advantages of Transcendental Meditation give parents a guided tour of their children's brains through modern research and ancient Ayurvedic typology (parents can "type" their kids and themselves) for an abundance of methods and insights to maximize your child's learning and behavioral style. Dharma Parenting presents a uniquely individual approach to raising a happy and successful kid. The term "The Eastern system of natural medicine called Ayurveda has utilized three distinct mind/body types (and combos of these types) for thousands of years. means a way of living that upholds the road of evolution, maintains balance, and works with both prosperity and spiritual freedom. For the very first time, we can understand why one child learns quickly and forgets quickly while another learns gradually and forgets slowly; why one child is definitely hyperactive and another slow moving; or why one falls asleep quickly but wakes in the night while another uses hours to fall asleep. Leading brain researchers Robert Keith Wallace and Frederick Travis combine understanding from modern science, historic Ayurveda, and their personal encounter showing how to unfold the full potential of a child's brain, and also how to nurture his / her inherent brilliance and goodness. Scientific studies suggest that there exists a specific set of genetic, biochemical, and physiological characteristics that underlie each of the three main Ayurveda brain/body types. The first tool of Dharma Parenting would be to determine your child's--and your own--mind/body type through a simple quiz. dharma" Its vocabulary is easily comprehensible by parents of any cultural history, with real-life tales to illustrate areas of universal parental concern--such as emotions, behavior, language, learning designs, habits, diet, health issues, and, most of all, the parent-child relationship. Coupling old and fresh wisdom, Dharma Parenting offers exclusive insight into why a kid is the way he or she is and reveals how exactly to bring each child right into a state of balance. From the Trade Paperback edition.



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Understanding our differences... Five Stars That is so useful. I find it so much easier relating and understanding my child and our variations. It really is insightful, intelligent, very clear, articulate and full of valuable information. So many things make a lot more sense if you ask me now. Thank you! Deeply insightful and filled with practical wisdom. Spectacular! This book has been so helpful. I am able .. The book is useful for even studying on your own. This book is crucial for all those who have children and have been kids. I am in a position to see my children in a very different light and cope with their differences a lot more lovingly. I couldn't place it down and took so many notes. On top of that is that all ideas for improvement are based on practices of simple techniques such as for example Transcendental Meditation, or additional simple behavioral recommendations. H At last, the missing manual that the stork didn't provide with our children ! Great ideas Excellent advice, an easy task to follow, and predicated on sound principles that go deep into human being body-brain physiology. This book has been so helpful. Brilliantly created and nuts-and-bolts helpful. Great book to raise your children and adults in a happy and health way It is a great book to increase your children to end up being happy and healthy.. Just reading the introduction chapter itself give the reader plenty of ideas to do things differently with yourself, and/or your children. Understanding your body type from an Ayurveda perspective is usually immensely beneficial to help understand and acknowledge your children's growth route and behavior patterns. Every mother or father will find out something of inestimable worth. Most of the sections are personalized for combos of parent and kid body-types, this provides you with a fairly specific set of tips and recommendations to suit every family. Brief caselets at the front end of every chapter make the whole lot come together very properly.S. Highly recommended! Loved It This is an excellent book. I enjoyed reading it. I have more patience due to her constitution. The book is highly readable with no neuro-science jargon. Dr. As a yoga instructor, I especially such as this book. good info ,,,good angle,,, love how he knows about kids brains,,the developing brain,,neat,,, Fascinating! Learn to find out your child Author has presented the subject with such simple method and I recommend every parents to read this book to comprehend your child Two Stars Did not enjoy this book just as much as I thought I would. What an eye-opening publication. I by no means knew there was several brain type. Kudos to the authors. Keith Wallace's reserve is simple to understand therefore ideal for parents trying to raised understand their children's personality.Thank you because of this knowledge. Loved it!



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