



Spiritual Parenting

Gopika Kapoor

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A child is possibly life's greatest miracle; raising one is possibly life's greatest challenge. But fear not – help is at hand!

In this indispensable guide, Gopika Kapoor, a writer and mother of twins, shares with you all that she has learned both as a parent herself and as a close observer of other parents. From managing your toddler's tantrums to advice on kiddie birthday parties, and from suggestions on positive discipline to ideas on how to connect with your child, she provides not just solutions, but also useful tips on pre-empting the common problems that every parent encounters in bringing up Baby. However, this book is much more than primer on how to raise happy kids; it is also about how to be happy parents. In her typically reassuring, compassionate tone, she shows us how to tackle the physical and emotional difficulties we face as parenting adults – post-partum depression, sleeplessness, strains on spousal relationships, and much more – with suggestions for body and soul based on practical experience and spiritual lessons.

Focused on both parent and child, *Spiritual Parenting* is an invaluable compendium of common sense and spiritual wisdom. Read this book and you'll see how one of life's greatest challenges can also be one of its greatest joy...

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