

Parenting with a Presence: Practices for Raising Conscious, Confident, Caring Kids

Susan Stiffelman

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For every parent who has ever longed for a moment of peace and tranquility amidst the chaos and commotion of child rearing, Susan Stiffelman's *Parenting with Presence: Practices for Raising Conscious, Confident, Caring Kids* provides encouragement, support, and practical suggestions, delivered with zen-infused wit and wisdom.

Covering a wide variety of relevant issues such as cultivating compassion, dealing with anger, developing empathy, and being accountable, *Parenting with Presence* transcends the preachiness and how-to vibe too often found in books on raising children. Introspective and mindful, Stiffelman's approach concentrates on what a child's behavior can teach parents about themselves, their own childhood, and current state of mind. To this end, chapters include a "Now It's Your Turn" segment that promotes reflection, meditative exercises, and journaling, as well as a Q&S portion (Question & Suggestion) that provides language and responses to tricky situations and scenarios in "Making it Practical."

With a foreword by internationally acclaimed author and spiritual teacher Eckhart Tolle and final chapter full of whimsical and easy to implement "Tools, Tips, and Strategies," *Parenting with Presence* is a reminder that "true spirituality doesn't happen in a cave at the top of a mountain. It's down here, wiping a runny nose, playing yet another round of Candyland, or rocking a colicky baby at two in the morning."

PALLAS GATES MCCORQUODALE (Summer 2015)

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