

BUDDHISM FOR MOTHERS OF SCHOOLCHILDREN FINDING CALM IN THE CHAOS OF THE SCHOOL YEARS%0A

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Raising school children is a radically different experience from tending children under the age of five. With children at school, life is both easier and harder and there are very different challenges on the horizon mothers are often thinking of going back to work, or juggling work life balance

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With her children at school, a mother is on to a new stage of her life, playing a new role. The daily challenges she confronts have changed, yet for each one Buddhist teachings of mindfulness, compassion and calm are invaluable. This book explores those teachings through many scenarios, including