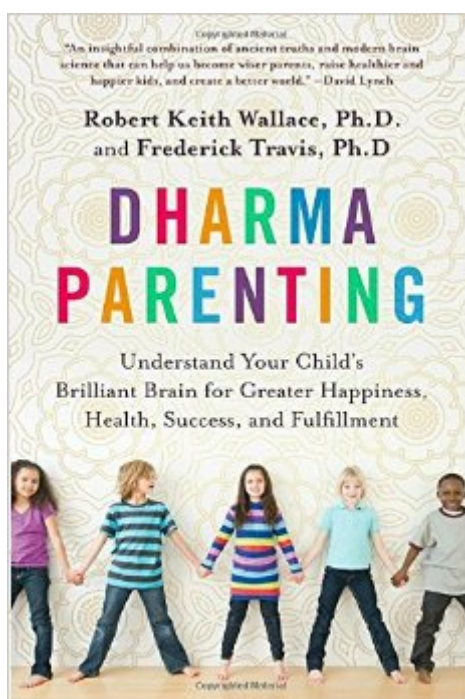


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# Dharma Parenting: Understand Your Child's Brilliant Brain For Greater Happiness, Health, Success, And Fulfillment



## Synopsis

Two renowned neuroscientists and pioneers in documenting the benefits of Transcendental Meditation give parents a guided tour of their children's brains through contemporary science and ancient Ayurvedic typology (parents can "type" their kids and themselves) for a wealth of methods and insights to maximize your child's learning and behavioral style. Dharma Parenting offers a uniquely individual approach to raising a happy and successful child. The word "dharma" means a way of living that upholds the path of evolution, maintains balance, and supports both prosperity and spiritual freedom. For the first time, we can understand why one child learns quickly and forgets quickly while another learns slowly and forgets slowly; why one child is hyperactive and another slow moving; or why one falls asleep quickly but wakes in the night while another takes hours to fall asleep. Leading brain researchers Robert Keith Wallace and Frederick Travis combine knowledge from modern science, ancient Ayurveda, and their personal experience to show how to unfold the full potential of a child's brain, as well as how to nurture his or her inherent brilliance and goodness.

The first tool of Dharma Parenting is to determine your child's--and your own--brain/body type through a simple quiz. The Eastern system of natural medicine called Ayurveda has used three distinct mind/body types (and combinations of these types) for thousands of years. Scientific studies suggest that there is a specific set of genetic, biochemical, and physiological characteristics that underlie each of the three main Ayurveda mind/body types. Coupling old and new wisdom, Dharma Parenting offers unique insight into why a child is the way he or she is and reveals how to bring each child into a state of balance. Its language is readily comprehensible by parents of any cultural background, with real-life stories to illustrate areas of universal parental concern--such as emotions, behavior, language, learning styles, habits, diet, health issues, and, most importantly, the parent-child relationship.

## Book Information

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## Customer Reviews

It is a great book to raise your children to be happy and healthy. The book is useful for even learning about your self. Just reading the introduction chapter itself give the reader more than enough ideas to do things differently with yourself, and/or your children. Understanding the body type from an Ayurveda perspective is immensely useful to help understand and accept your children's growth path and behavior patterns. The book is highly readable with no neuro-science jargon. Many of the sections are customized for combinations of parent and child body-types, thus giving a fairly specific set of tips and guidelines to suit every family. Short caselets at the front of every chapter make the whole thing come together very nicely. Best of all is that all suggestions for improvement are based on practices of simple techniques such as Transcendental Meditation, or other simple behavioral recommendations. Highly recommended!

This is a wonderful book. I loved reading it. It is insightful, intelligent, clear, articulate and full of valuable information. Every parent will learn something of inestimable value. Kudos to the authors.

This book has been so helpful. I am able to see my children in a completely different light and deal with their differences much more lovingly. Thank you for this knowledge. S. H

Deeply insightful and filled with practical wisdom. This book is a must for all of us who have children and have been children. Brilliantly written and nuts-and-bolts helpful.

Excellent advice, easy to follow, and based on sound principles that go deep into human body-brain physiology. Very impressive!

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