



Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child

By Shauna Shapiro PhD, Chris White MD

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Raising happy, compassionate, and responsible children requires both love and limits. In *Mindful Discipline*, internationally recognized mindfulness expert Shauna Shapiro and pediatrician Chris White weave together ancient wisdom and modern science to provide new perspectives on parenting and discipline.

Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: *unconditional love*, *space* for children to be themselves, *mentorship*, *healthy boundaries*, and *mis-takes* that create learning and growth opportunities. In this book, you will also discover parenting practices such as setting limits with love, working with difficult emotions, and forgiveness and compassion meditations that place discipline within a context of mindfulness. This relationship-centered approach will restore your confidence as a parent and support your children in developing emotional intelligence, self-discipline, and resilience—qualities they need for living an authentic and meaningful life.

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Editorial Review

Review

“This reader-friendly book is a masterful guide for parents. With great gentleness and humility, *Mindful Discipline* weaves together the rigor of science, the wisdom of reflection, and decades of clinical experience, offering parents one of the most exceptional road maps on how to raise happy, resilient, and emotionally healthy children.”

—**Andrew Weil, MD**, author of *Spontaneous Happiness* and *Eight Weeks to Optimum Health*

“If you raise your children with respect for who they are, nourishing compassion, clarity, and wise limits, they will bloom and blossom. The tools for mindfully doing so are here in these pages.”

—**Jack Kornfield, PhD**, author of *A Path with Heart*

“I’m deeply impressed and inspired by what [Shapiro and White] are offering the world! It fills such an essential niche, and moves forward our understanding of ‘how to’ in an important way.”

—**Tara Brach, PhD**, author of *Radical Acceptance* and *True Refuge*

“This intelligent, tender, and beautifully written book helps parents tap into their inner wisdom and create the optimal emotional environment for their child’s growth and development. Loaded with powerful exercises grounded in clinical expertise and scientific theory, this book will help all of us navigate the path of parenting with greater ease, clarity, and grace.”

—**Kristin Neff, PhD**, associate professor of human development and culture at the University of Texas at Austin and author of *Self-Compassion*

“Coming from an expert on mindfulness and a leading pediatrician, this deeply wise book shows parents how to nourish both self-discipline and self-worth inside the children they love. Grounded in research, full of personal examples, and loaded with down-to-earth suggestions, this book is a gem.”

—**Rick Hanson, PhD**, author of *Hardwiring Happiness*

“Shauna Shapiro and Chris White have created a wonderful integration of the power of mindful awareness and the insights from studies of child development and the brain to lovingly guide us to a more rewarding and effective way of being as parents. The science of attachment reveals that the most robust predictor of our child’s development is how we have come to make sense of our lives from the inside out. This book beautifully illuminates how the previously independent fields of attachment and of mindfulness actually share common ground—that knowing yourself is the best gift you can give to your children. An effective way of achieving this parental presence is through mindfulness, and the stories, ideas, and exercises of *Mindful Discipline* offer a fabulous guide to creating the deep and receptive internal knowing that will empower your children to become resilient, reflective, and compassionate beings themselves. What better gift can you offer of yourself to your child, and the world?”

—**Daniel J. Siegel, MD**, clinical professor at the University of California, Los Angeles, school of medicine; author of *Brainstorm* and *The Mindful Brain*; and coauthor of *No-Drama Discipline*, *Parenting from the Inside Out*, and *The Whole-Brain Child*

“*Mindful Discipline* should be read by every parent. This book contains the operating instructions for family life that none of us received in school. Twenty-five years ago mindfulness saved my life. Now it informs all of my actions, including the way I am with my children.”

—**Noah Levine**, author of *Dharma Punx* and *Refuge Recovery*

“This finely and sensitively written book points to the fragility and resilience of a child’s soul and demonstrates so clearly how in need each child is of an equally fragile and resilient adult’s guidance. An adult, however, having been on the Earth much longer, has been able to add experience to the fragility and resilience and thus becomes the author of the child’s life until he or she is experienced enough to become the author himself or herself. This beautiful book is a wonderful guide to parents who wish to lovingly, mindfully, and clearly accompany their children at the beginning of their life journey.”

—**Meinir Davies**, management and teaching team coordinator at the New Village School, Sausalito, CA

“*Mindful Discipline* is the perfect guide for conscious parents and teachers. Grounded in solid neuroscience, it shows how to be loving and remain centered, while teaching children to develop their own internal wisdom and good hearts. This book is a gift!”

—**James Baraz**, cofounder of Spirit Rock Meditation Center and coauthor of *Awakening Joy: 10 Steps to Happiness*

“*Mindful Discipline* is an intelligent and creative approach to the omnipresent challenge of parenting: how to be kind and loving yet firm and in control. I was struck by the multiple levels of authority the authors drew upon: deep scholarship, personal struggles with parenting, and hard-earned meditative insight.”

—**Fred Luskin, PhD**, director of the Stanford Forgiveness Project and author of *Forgive for Good*

About the Author

Shauna Shapiro, PhD, is a professor at Santa Clara University, a clinical psychologist, an internationally recognized expert in mindfulness, and a mother. With twenty years of meditation experience studying in Thailand and Nepal, as well as in the West, Shapiro brings an embodied sense of mindfulness to her scientific work. She has published over one hundred journal articles and chapters, and coauthored the critically acclaimed book, *The Art and Science of Mindfulness*. Shapiro is the recipient of the American Council of Learned Societies teaching award, acknowledging her outstanding contributions to education, and has been invited to lecture for the King of Thailand, the Danish government, and the World Council for Psychotherapy in Beijing, China. Her work has been featured in *Wired*, *USA Today*, *Oxygen*, *The Yoga Journal*, and the *American Psychologist*. Shapiro lives in Mill Valley, California, with her eight-year-old son, Jackson.

Chris White, MD, is a board-certified pediatrician, parent educator, certified life coach, and father. He is the creator and director of Essential Parenting, an organization that supports the psycho-emotional development of children and their parents. His writing has been featured in *Pathways to Family Wellness* and the PBS series’ *This Emotional Life* blog. White lives with his two boys, Kai and Bodhi, and the love of his life, Kari, in the San Francisco Bay Area.

Foreword writer **Christine Carter, PhD**, is a happiness expert, sociologist, and the author of *Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents*. Carter has helped thousands of people find more joy in their lives through her books, online classes, coaching, and speaking engagements. She teaches happiness classes online throughout the year to a global audience on her website www.christinecarter.com.

Foreword writer **Dean Ornish, MD**, is the founder and president of the non-profit Preventive Medicine Research Institute and clinical professor of medicine at the University of California, San Francisco. Ornish received his MD from the Baylor College of Medicine, was a clinical fellow in medicine at Harvard Medical School, and completed an internship and residency in internal medicine at the Massachusetts General Hospital. He is the author of six books, all national bestsellers, including: *Dr. Dean Ornish's Program for Reversing Heart Disease*; *Eat More, Weigh Less*; *Love and Survival*; and his most recent book, *The Spectrum*.

Users Review

From reader reviews:

Donald Cortes:

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Carey Gilliam:

Information is provisions for folks to get better life, information these days can get by anyone on everywhere. The information can be a know-how or any news even a problem. What people must be consider while those information which is within the former life are hard to be find than now could be taking seriously which one works to believe or which one typically the resource are convinced. If you obtain the unstable resource then you understand it as your main information there will be huge disadvantage for you. All those possibilities will not happen inside you if you take *Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child* as the daily resource information.

John Stewart:

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