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I use Everyday Blessings: The Inner work of Mindful Parenting in the Mindfulness Parenting class I am teaching at Desert Garden Montessori School. The parents love this book, especially the emphasis given on working on themselves to do the challenging but joyful and fulfilling parenting work. Jagdish P Dave Ph.

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He is also co-author, with his wife Myla, of Everyday Blessings: The Inner Work of Mindful Parenting; and with Williams, Teasdale, and Segal, of The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness Overall, his books have been translated into over thirty languages. [Show More](#).

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