



Under Our Feet (Paperback)

By Molly Beth Griffin

Finishing Line Press, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Amid the everyday dramas of a walk to the bus stop, a drive to the grocery store, a trip to the zoo, how do we slow down and pay attention to the small miracles around us? We think of mindfulness as something we get to do when we escape from our kids-sitting alone in an immaculate yoga studio or on a quiet retreat in some pristine location. But children don't have to be a barrier to contemplation. They can inspire a special kind of awe in the natural world and in the mundane details of life-but only if we stop and notice. Yes, during bath time, and while we weed the garden, our kids-especially, sometimes, our most challenging kids-can show us deep truths. And when the larger world seems to be falling apart, we must realize that our daily struggles aren't separate from those events. How are we connected-to the world, to each other, and to those parts of ourselves that we've put on hold or hidden away? How can we walk alongside our children, at their pace, and let...



READ ONLINE
[2.96 MB]

Reviews

Absolutely essential read publication. it absolutely was writtern very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Sarai Lebsack

Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.

-- Lindsey Larson