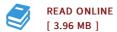




The Mindful Guide to College Preparation: A Five-Day Retreat for Students and Their Parents (Paperback)

By Lisa Palombo Moore

Balboa Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A child s departure for college can shake the strongest of parents. Without minimizing the anguish such separations bring, Lisa Moore shows how that turning point offers parents and their college-bound children a unique moment to deepen love, respect, and communication. Over five days, she conveys her bold message of self-transformation through a course of mindful practices including meditation, yoga, and directed journaling. This book will bring you face to face with aspects of your relationships you ve never dared confront. You will emerge a stronger, more loving person.



Reviews

A must buy book if you need to adding benefit. It really is writter in straightforward words and not difficult to understand. I am just pleased to let you know that here is the best ebook i have got read through in my individual daily life and may be he best book for ever. -- Prof. Charles Boehm

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