



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.

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