

# **Brave Parenting: A Buddhist-Inspired Guide To Raising Emotionally Resilient Children By Krissy Pozatek**

**By Krissy Pozatek**

Brave Parenting A Buddhist-Inspired Guide to Raising Here is where the helpful Buddhist spiritual She calls this brave parenting. Read an excerpt on

Krissy Pozatek on mindbodygreen. She is the author of Brave Parenting: A Buddhist-Inspired Guide to Raising Emotionally Resilient Children (Wisdom Pub)

Brave Parenting. A Buddhist-Inspired Guide to Raising Emotionally Resilient Children. Krissy Pozatek Writing from her own extensive experience and psychological

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1 quote from Brave Parenting: A Buddhist-Inspired Guide to Raising Emotionally Resilient Children: At an emotional level, we feel that things should be

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