



# Padres conscientes. Educar para crecer (Spanish Edition)

*Shefali Tsabary*

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Prólogo del Dalai Lama.

La doctora Shefali Tsabary explica que nuestros hijos solo pueden convertirse en adultos conscientes si nosotros, como padres, procuramos elevarnos a un estado superior de consciencia.

Cambiando por completo la idea tradicional de crianza de los hijos, la doctora Tsabary aleja el epicentro de la clásica relación padres-hijos basada en que los primeros «lo saben todo» y lo lleva a una relación mutua en la que los padres también aprenden de los hijos.

Este innovador estilo parental reconoce la capacidad de los hijos para provocar una profunda búsqueda interior, lo que origina una transformación en los padres: en vez de ser simples receptores del legado psicológico y espiritual de sus progenitores, los hijos obran como «facilitadores» de su desarrollo.

Ahora el centro de atención reside en la afinidad recíproca y la asociación espiritual del viaje padres-hijos.

En el enfoque de la doctora Tsabary sobre el estilo parental, los hijos funcionan como espejos del «yo olvidado» de los padres. Tan pronto como recuperan su esencia, los padres entran en comunión con sus hijos. Los unos y otros descubren su capacidad para relacionarse en un estado de presencia.

«Padres conscientes es una estupenda aportación a las investigaciones sobre lo que significa criar bien a los hijos. Es esencial unir cuerpo, mente y espíritu en un nuevo paradigma parental, y Padres conscientes nos ayuda a conseguirlo.»

Marianne Williamson, autora de *Volver al amor* y *Age of Miracles*

«Este es el libro que todos los padres deben leer para criar hijos responsables y equilibrados. La sorpresa acaso sea que, para lograr esto, el trabajo en cuestión deberás hacerlo tú. Afronta cada verdad de este maravilloso libro y disfruta de tu viaje parental.»

Laura Berman Fortgang, autora de The Little Book on Meaning y The Prosperity Plan

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