

endorsements

"I think mothers everywhere would greatly benefit from this book. It is honest, openhearted, straightforward and compassionate. *Mindful Motherhood* is an invaluable resource for moms at any stage in their parenting."

—Sharon Salzberg, founding teacher of the Insight Meditation Society and author of *Faith: Trusting Your Own Deepest Experience*

"*Mindful Motherhood* contains what so many other parenting books omit: the consoling information that each mother has the ability to know, deep within, how to care for her child. *Mindful Motherhood* is a gem."

—Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom*

"Wise, soothing, and helpful—this is really good stuff for new mothers."

—Jack Kornfield, author of *The Wise Heart*

"In *Mindful Motherhood*, you'll experience the wisdom of a mother, clinician, and researcher who outlines the accessible, practical steps to take to turn challenge into triumph during pregnancy and the parenting of young children. Read this book, give it as a baby shower present, carry it with you into the pediatrician's office—but most of all, take it in and savor its secrets for a richer life for yourself and your child."

—Daniel J. Siegel, MD, author of *Parenting from the Inside Out* and *The Mindful Brain*

"This book will inspire, guide, and reassure mothers in pregnancy and after childbirth. Nothing could be more important to our families, our children, and the future of the world. Dads will benefit, also."

—Paul Ekman, Ph.D., coauthor, with the Dalai Lama, of *Emotional Awareness*

"The connection between mother and baby is one of the most spiritual relationships we have."

—Baba Ram Dass, also known as Richard Alpert, author of *Remember, Be Here Now*

"This is a beautiful book—deeply moving, intensely practical, and filled with wisdom."
—Ruth A. Baer, Ph.D., professor of psychology at University of Kentucky

"This is a welcome and needed book. These practical meditations for women may be a great help with prenatal and postnatal challenges. These essential psychological practices come from a woman who has earned the right to teach a classical path of human development through motherhood."

—Robert Bruce Newman, author of *Calm Birth and Calm Healing*

"This book is destined to become the new bible for any expectant or new mom suffering from serious anxiety. It brings state-of-the-art breakthroughs in anxiety treatment to women in a clear, compassionate, practical, and user-friendly self-help format."

—Valerie Davis Raskin, MD, author of *This Isn't What I Expected*

"Mindfulness, when extended from mother to child, weaves a blanket of grounded attunement sufficient for two. Cassandra Vieten's down-to-earth suggestions will help all newly enlarged families navigate this wonderful, but often disruptive milestone."

— Zindel V. Segal, Ph.D., C.Psych., Morgan Firestone Chair in Psychotherapy at the Centre for Addiction and Mental Health in Toronto, ON, Canada

"With wisdom, depth, and humility, *Mindful Motherhood* guides us through the miraculous and challenging path of becoming a mother. It weaves together scholarship, personal experience, and practical tools, helping us become the most loving, present and joyful parents we can be. As a scholar and mother, I found this book immensely valuable."

—Shauna Shapiro, coauthor, with Linda Carlson, of *The Art and Science of Mindfulness*

"Vieten writes with love and tenderness about the mindful mother and the importance of staying in the present. Regardless of the age of your child, you will never go wrong by acting as a teacher of love and patience."

—Jerry Jampolsky, MD, coauthor of *A Mini Course for Life*