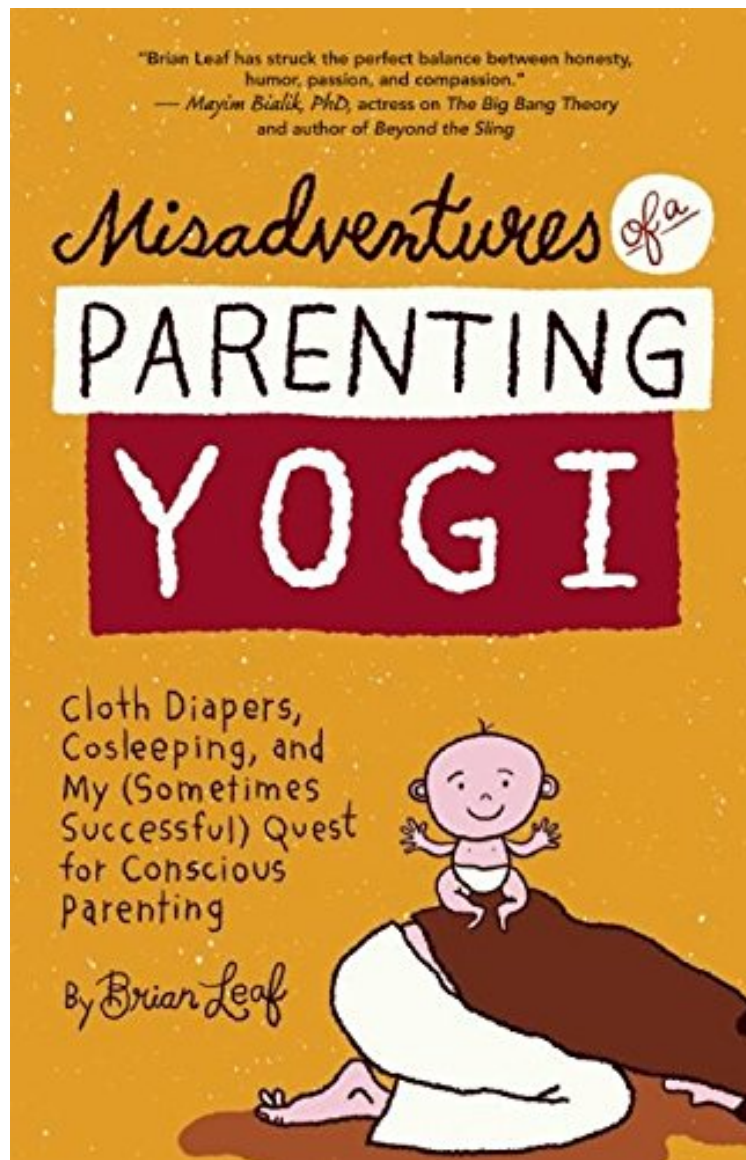


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Misadventures of a Parenting Yogi: Cloth Diapers, Cosleeping, and My (Sometimes Successful) Quest for Conscious Parenting

Brian Leaf

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Brian Leaf : Misadventures of a Parenting Yogi: Cloth Diapers, Cosleeping, and My (Sometimes Successful) Quest for Conscious Parenting before purchasing it in order to gage whether or not it would be worth my time, and all praised Misadventures of a Parenting Yogi: Cloth Diapers, Cosleeping, and My (Sometimes Successful) Quest for Conscious Parenting:

9 of 9 people found the following review helpful. Best Parenting Book I've Read So Far By Rachel With humor, honesty and insight, Brian Leaf shares his parenting journey, in the hope that ours might be improved as a consequence. Although not a parenting primer, per se, the book offers sensible strategies for dealing with many of the thorniest parenting challenges. The message is simple: connect with your child, meet them where they are, have fun, and forgive yourself. The strategies in this book are great for any parent (or expectant parent), especially those who are who are naturally-minded.

1 of 1 people found the following review helpful. MISADVENTURES... By Peter Clothier... of a Parenting Yogi is the title Brian Leaf gives to his new book, whose subtitle is "Cloth Diapers, Cosleeping, and My (Sometimes Successful) Quest for Conscious Parenting." Together, the title and subtitle pretty much say it all. It's a humorous look at the sometimes sage, sometimes just plain wacky, post hippie, post New Age, twenty-first century mindfulness approach to bringing up baby. It's also a follow-up book to Leaf's Misadventures of a Garden State Yogi, whose subtitle, regular readers might remember from my October, 2012 review, was "My Humble Quest to Heal My Colitis, Calm My ADD, and Find the Key to Happiness." Just so you know: Leaf is a self-confessed Woody Allen type, a cheerful neurotic who happily indulges his least symptom of anxiety or distress--and now those of his two young sons, Noah and Benji. Obsessed with getting everything just right, the author and his Canadian wife, Gwen, leave no leaf (excuse the pun!) unturned in their search for the optimal method of birth for both mother and arriving baby (and for father), and we are regaled to a sometimes hilarious menu of the current options available to the consciousness-oriented parent. Thus, too, with infancy and the growth from toddler years to early childhood, with all the attendant challenges and potential pitfalls. It's actually my daughter who should be writing about this book (I ordered her a copy), rather than myself. She's the mother of a two-and-a-half year old who has more energy than a nuclear reactor, and is dealing with all those things I had to deal with forty (and fifty!) years ago. Back then, all I knew how to do was muddle through, with the help of the amiable Dr. Spock. I tend to be of the rather cynical philosophical opinion that the parent's principal job is to make a dreadful mess of things so that the child has to sort out the inevitable sufferings of life for him- or herself. No matter how wonderful the "parenting", there will be difficulties to overcome and suffering to experience... Still, I did have fun with Leaf. His self-deprecating and, yes, insistently neurotic humor keeps the pace going. It's often laugh-out-loud funny, even though (Woody Allen phobes be warned) it can rapidly descend into the tiresomely cute. But the parenting approaches he and his wife work with--and sometimes embrace--are eminently sound and practicable, and often as entertaining for the parent as for the fortunate child--fortunate, that is, to have so much conscious, caring attention fostered upon him. There's a lot of wisdom here, though I may add that it's of the kind that may be harder to practice than it is to preach. In my own experience, every bit of wonderful child-rearing theory has a tendency to fly out the real-world window when push comes to shove. The first half of the book--and the less interesting half to myself, as the grandfather of a toddler--is devoted to pre-birth and infancy. I found myself more engaged by the second half, devoted largely to the post-infancy periods of the toddler and the very young child. All in all, I'd say, an excellent gift for the kind of young mother who is open to the mindful approach to life, and won't be too annoyed by receiving good advice on how to care for her young.

1 of 1 people found the following review helpful. Great general parenting book By Christine1387 Good general book on natural birthing, new born care and parenting. This book is more of memoir of a yogi dad's experience. He touches on numerous different topics discussing basic pros and cons. He is by no means an expert, but he gave me a lot of good ideas that I was able to further research and add to my parenting bag. I will say there was one message that was really important to me. No matter how hard we try, no matter how much we control, we will make mistakes and we can't be perfect parents. Children are resilient and as long as we try, show them love and apologize when we make mistakes, we will do fine as parents. I was able to ease up on myself and not worry so much after I grasped this concept. Good read.

In this hilarious, heartfelt book, Brian Leaf tackles parenting with a unique blend of research and humor. He explores Attachment Parenting, as well as Playful, Unconditional, Simplicity, and good old Dr. Spock parenting. He tries cloth diapers, no diapers, cosleeping, and no sleeping. Join him on his rollicking journey in this one-of-a-kind parenting guide.

"Would it be weird if I said I want Brian Leaf to be my father? He's just that damn funny, thoughtful, and insightful. I guess I'll be satisfied with rereading his book instead."— A.J. Jacobs, author of *The Year of Living Biblically* and *The Know It All*
"For anyone who is a parent of a toddler, you will get some major deep belly laughs."— Alicia Silverstone, actress and author of *The Kind Diet*
"Brian Leaf writes about parenting and yoga with such humor."— Christy Turlington Burns, supermodel and founder of Every Mother Counts
"Some holistic parenting books make me roll my eyes until I get a headache. Not this one. You won't find judgment or condescension here, just humor and humility. Warm, approachable, and funny, Brian Leaf will have you nodding, laughing, and even learning when you least expect it."— Amber Dusick, author of *Parenting: Illustrated with Crappy Pictures*
"Brian Leaf plunges into the mysteries, madness, and anxieties of the parenting process and emerges with a perspective that is sure to leave you laughing and learning."— Adele Faber, coauthor of *How To Talk So Kids Will Listen Listen So Kids Will Talk*
"Finally! A much-needed and elegant male perspective on parenting from a respected and respectful voice in the

holistic community. Brian Leaf has struck the perfect balance between honesty, humor, passion, and compassion for all paths of parenting. What a wonderful addition to any parent's library.”— Mayim Bialik, PhD, actress on *The Big Bang Theory* and author of *Beyond the Sling*“Brian Leaf speaks about conscious parenting with great humor, insight, and depth. A must-read for all parents trying to answer the call to conscious parenting.”— Dr. Shefali Tsabary, clinical psychologist and author of *The Conscious Parent*“A warm, funny memoir about the surprising and enlightening ups and downs of parenthood....Very connected to his Jewish roots and his yoga practice, Leaf is a mindful parent, heeding the Dalai Lama’s advice that the sure key to parenting ‘is patience, compassion, forgiveness, and even faith, in my kids...but also in myself.’ In this insightful book, he reminds readers to remain open to those transcendent moments of love, connection, and happiness that make parenthood a pure joy.”— Publishers Weekly“I found myself smiling, laughing, occasionally disagreeing, but most importantly thinking about where I stand as a parent. Brian’s musing and misadventures come from the heart and encourage us to be both on the parental dance floor while also consciously watching ourselves from the balcony.”— Kim John Payne, author of *Simplicity Parenting*, *Beyond Winning*, and *The Soul of Discipline*“Fatherhood is not a spectator sport, and Brian Leaf isn’t afraid to call the play-by-play on his own successes, near-misses, and semi-disasters. He’s funny, poignant, and gets across a powerful message about tuning in to our children and ourselves without proclaiming one right way to be a dad.”— Larry Cohen, author of *Playful Parenting*“The potent blend of dad and yogi and humorist that Brian Leaf so deftly mixes makes his book a must-read for parents of any generation. I say Namaste to a dad who can keep it light and lead with humor and stillness.”— Peggy O'Mara, founder of *Mothering.com*“If parenting has as many laughs as this book, sign me up! Fans of the first *Misadventures* will delight in this romp through the trials, tribulations, messes, and joys of alternative child rearing — all captured with Leaf’s trademark mix of humor, honesty, and compassion.”— Benjamin Lorr, author of *Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga*“K. Patthabi Jois said that family life was the ‘Seventh Series’ of Ashtanga Yoga, the most challenging and almost impossible to perfect. If this warm, funny book — a love letter to both yoga and his kids — is any indication, then Brian Leaf is a Seventh-Series Master.”— Neal Pollack, author of *Alternadad* and *Stretch*