



If the Buddha Had Kids: Raising Children to Create a More Peaceful World

Charlotte Kasl

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The bestselling *If the Buddha . . .* series continues with some Zen wisdom for frantic parents

In an age when so many kids seem to be glued to video games and eating fast food dinners on the way to a soccer game, author Charlotte Kasl urges parents to step back and examine what is important in their lives, and to take the time to truly get to know their children. Using spiritual guidelines as well as practical advice, Kasl encourages parents to raise their children to be peacemakers in a turbulent world. Like her previous Buddha titles, *If the Buddha Had Kids* includes exercises for readers to apply to their own lives, and is filled with wonderful quotes that will inspire readers and keep them coming back to this book for advice as their children grow older.

If the Buddha Had Kids: Raising Children to Create a More Peaceful World Details

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Author : Charlotte Kasl

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From Reader Review If the Buddha Had Kids: Raising Children to Create a More Peaceful World for online ebook

Maria Montgomery says

Great read for those looking to bring their parenting to the next level.

Jamie says

This book changed my life. I am definitely going to read it again and again.

Stephanie Noss says

I love everything from this writer, she uses great examples to help you understand the concept.

Alie Stumpf says

I really loved the beginning of this book & it's humanistic view of raising children. The author encourages parents to see their children as part of a collective rather than cherishing them simply as individuals. I really appreciate this perspective & tips on how to raise my children this way & beginning was 5 stars. I found later chapters on school & sexuality a bit repetitive & overly simplistic. I did lots of skimming/ skipping. Maybe the later parts will mean more to me when my kids are older.

Sarah says

I really enjoyed this and it was a good companion to similar books

Suphatra says

Better read for parents of older children (5-18) than of a toddler (mine is 2.5 years old). I'll pick this back up again in the future.

Toni Olivieri-barton says

I listened to it and I thin that is why I didn't like it.

Cindy Hudson says

There are many books to help parents decide how to raise their children. But a new book by Charlotte Kasl, Ph. D., takes an approach I haven't seen before. It's called *If the Buddha Had Kids: Raising Children to Create a More Peaceful World*. While the guide touches on the tenets of Buddhism and how they relate to parenting children, it also has lots of common sense advice for parents who are searching for ways to raise their children with both love and discipline.

Kasl starts by explaining some of the basic tenets of Buddhism, then she goes on to explore how they can be applied to common situations parents find themselves facing. Each chapter takes an issue—why children misbehave, managing emotions feelings and impulses, use of electronics, struggles over food, and more—and looks at how parents can respond.

Kasl uses examples, both good and bad, from her own parents and discusses challenges she faced raising her own daughter. The chapters are written so it's easy to focus and reflect on a single issue before moving on to another. To help with the reflection, Kasl frequently lists suggestions and questions for parents.

You don't need to believe in Buddhism to find the ideas helpful, and Kasl isn't trying to convert readers to those beliefs as she writes. Rather, she provides advice that will help parents even if they don't accept all of her suggestions.

The publisher provided me with a copy of this book in exchange for my honest review.

Tracy says

I've read a lot of parenting books, and this is in line with a lot of the books that I have liked. Emphasizing listening and empathy and encouraging your children to express their feelings, emotions and opinions. Based on the title I was a little worried that this book would be too idealistic and impractical, but the author did a good job of using real-world examples and situations and emphasizing that children need structure and boundaries as well as the freedom to be individuals and make choices that we might not agree with. While this isn't a book I would say everyone should read, it is definitely worthwhile if you do.

McKinley says

Very good.

Tamara says

I really enjoyed this book. It is not just a 'parenting' guide or how to, it's also a book to help you in your own journey. It is also easily implemented - you can be more peaceful immediately.

The extensive reading list at the end had me adding many many more books to the TBR shelf!

Indiana Todd says

One of the best "parenting" books I've ever encountered. I don't usually go for any packaged ideas about what parenting should look like from any individual or socially biased perspective - this is anything but - a philosophical approach to parenting steeped in scientific theory and the unparalleled compassionate guidance of The Buddha. I've read it three times now in my son's three years and each time I've received guidance and encouragement to trust myself and the courage to allow my son to grow into exactly the little man he is supposed to be. Very few books empower one to empower others - this is one of them.

Meowmeow says

I learned some useful parenting tips from this book. Highly recommended.
