



Natural Family Living: The Mothering Magazine Guide to Parenting

Peggy O'Mara

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For more than two decades, *Mothering Magazine* has been the source for sound alternatives to mainstream parenting. Now Peggy O'Mara, editor and publisher of *Mothering Magazine*, brings her knowledge and compassion to a compendium of never-before-published parenting wisdom -- and presents, in one convenient volume, a genuinely natural approach to raising our children.

Natural Family Living

The *Mothering Magazine* Guide to Parenting

An internationally renowned advocate of natural parenting, Peggy O'Mara covers a vast range of timeless and contemporary issues in detail and with authority -- from the practical to the philosophical, from preconception to adolescence:

- * Embracing a conscious, conscientious pregnancy
- * Natural childbirth, homebirth, and midwifery
- * Breastfeeding
- * Attachment parenting
- * Healthful eating for the whole family -- and balanced attitudes toward food and diet
- * Alternative health care for children, including homeopathy, bodywork, herbal remedies, and aromatherapy
- * Family matters: from discipline issues to home entertainment
- * Uses and abuses of television, computers, and video games
- * Approaches to sexuality
- * Home schooling and alternative education.

This groundbreaking book helps parents make informed choices on cutting-edge issues as they strive to create a whole, healthy family environment. Illustrated with photos, and featuring enlightening interviews, *Natural Family Living* is the only guide authorized by the world's most savvy parenting publication.

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Aaron Jack:

Have you spare time for a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a wander, shopping, or went to typically the Mall. How about open or perhaps read a book entitled Natural Family Living: The Mothering Magazine Guide to Parenting? Maybe it is to become best activity for you. You know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with it is opinion or you have other opinion?

Keith Barnett:

Playing with family within a park, coming to see the marine world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try point that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Natural Family Living: The Mothering Magazine Guide to Parenting, it is possible to enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its called reading friends.

Daniel Hayes:

In this particular era which is the greater individual or who has ability to do something more are more precious than other. Do you want to become considered one of it? It is just simple strategy to have that. What you have to do is just spending your time not very much but quite enough to experience a look at some books. On the list of books in the top listing in your reading list is usually Natural Family Living: The Mothering Magazine Guide to Parenting. This book that is qualified as The Hungry Hillside can get you closer in getting precious person. By looking right up and review this reserve you can get many advantages.

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