



Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child

Shauna Shapiro PhD, Chris White MD

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Raising happy, compassionate, and responsible children requires both love *and* limits. In *Mindful Discipline*, internationally recognized mindfulness expert Shauna Shapiro and pediatrician Chris White weave together ancient wisdom and modern science to provide new perspectives on parenting and discipline.

Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: *unconditional love*, *space* for children to be themselves, *mentorship*, *healthy boundaries*, and *mis-takes* that create learning and growth opportunities. In this book, you will also discover parenting practices such as setting limits with love, working with difficult emotions, and forgiveness and compassion meditations that place discipline within a context of mindfulness. This relationship-centered approach will restore your confidence as a parent and support your children in developing emotional intelligence, self-discipline, and resilience—qualities they need for living an authentic and meaningful life.

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