



## Padres minimalistas: cómo disfrutar más de la vida familiar moderna haciendo menos

By Asha Dornfest, Christine Koh

Alba Editorial, S.L., 2013. Book Condition: New. Encuadernación: Rústica Colección: Psicología/Padres Estamos en una sociedad que se alimenta de "más": más consejos de expertos, más teorías, más opciones sobre educación, más opciones sobre nutrición. . . ¿El resultado? Padres confusos y sobreprotección parental o infantil. Christine Koh y Asha Dornfest proponen un nuevo enfoque para criar a nuestros hijos, nos muestran cómo entrar en sintonía con los valores y las prioridades específicas de nuestra familia e identificar con claridad las actividades, la información, las cosas en general y a las personas que realmente merecen espacio en nuestra vida. En este libro se muestra el concepto de minimalista, respaldado por la experiencia personal de los propios autores. Se propone estrategias para la gestión del tiempo, ordenando el espacio de la casa, la organización a la hora de comer, la racionalización del tiempo de ocio, el tiempo de los cuidados personales, etc.



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