



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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