



# Conscious Parenting: The Holistic Guide to Raising and Nourishing Healthy, Happy Children

*Gabriel Cousens M.D.*

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*Conscious Parenting* is a great resource for parents seeking advice on optimal vegan nutrition and the importance of unplugging and having quiet time in nature for today's children. Anchored by extensive research on the importance of diet and environment by the world's leading authority on spiritual nutrition, the book is packed with advice and information to help you

- choose authentic, organic, vegan food for optimal health;
- support your child's emotional, social, and mental development;
- counter the effects of environmental toxins and harmful media;
- and create a nurturing environment for your child's spiritual growth.

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