

Zen Parenting

author: Cathy Cassani Adams LCSW LCSW

2026-08

Synopsis

author	Cathy	Cassani	Adams	LCSW
readBy	Cathy	Cassani	Adams	LCSW
inLanguage	english			

The host of the top ranked *Zen Parenting* podcast and mother of three reveals a calmer, more self-aware parenting approach for parents to effectively teach and support their children: say less, but listen more. We can't always plan for what's next—that's been made more and more clear in the past few years. The truth is that life is never predictable, especially as parents. What is possible is your unlimited capacity for compassion, and caring for yourself and for your children. As you navigate the uncertainty with openness and humility, you find the clarity, connection and community that is Zen Parenting.

Using the seven chakras, therapist Cathy Cassani Adams discusses parenting issues such as school pressure, self-care, emotional intelligence, mental health, sexuality and gender, and more, while offering concrete examples and strategies to help you wake up to your life as a parent:

- Chakra One**—The Right to Be: Establish your physical, emotional, and mental foundation
- Chakra Two**—The Right to Feel: Practice creativity and how to access your emotions
- Chakra Three**—The Right to Act: Establish a sense of self for yourself and your kids
- Chakra Four**—The Right to Love and Be Loved: Experience openheartedness, empathy, and compassion
- Chakra Five**—The Right to Speak and Hear Truth: Discover genuine and meaningful communication
- Chakra Six**—The Right to See: Explore mindfulness, meditation, and your own intuition
- Chakra Seven**—The Right to Know: Connect to something greater than yourself

“This book is my new favorite guide for parenting, to be sure. But it's also a master class in a life well-lived.”

—Dr. John Duffy, author of *Parenting the New Teen in the Age of Anxiety* and *The Available Parent*

Reader's comments

comment 1:

â€"â€" ()