

# What People Are Saying About *Enlightened Parenting* by Ronna McEldowney

This book is a refreshing and practical instruction manual for parents, teachers and caregivers. It reminds us that parenting, like life, is an adventure that requires planning and organization while operating within the rules and guidelines of nature. Ronna clearly and effectively communicates the importance of self realization by developing and nourishing our own souls in order for us to become effective role models and parents for our children.

This soulful back to basics approach will surely be embraced by those who wish to be the best parents, teachers, and caregivers they can be by being truly present with their children, not only physically, but mentally, emotionally and spiritually as well. The insights and wisdom contained within *Enlightened Parenting* will benefit every parent, which in turn will benefit our most precious gifts of all, our children.

--Dr. Eric R. Hampton, NMD  
Naturopathic Medical Doctor  
Certified Hypnotherapist  
Source Integration Therapist  
[www.azprohealth.com](http://www.azprohealth.com)

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I was personally pleasantly surprised by all the common sense wisdom conveyed in *Enlightened Parenting*. Most parents have an uneasy feeling then they face the challenges and opportunities that parenting presents. How often do young and even experienced parents ask themselves, how do I handle this problem. What is the best way to help my child mature and become the best that he/she can be?

This book contains the type of answers they want to know. Most parents routinely strive to do their best but quickly find there is a plethora of gray and a paucity of black and white. The answers are not always easy, obvious and the unanticipated seems to be rather routine.

Parents will be thankful for all the immensely practical tips and suggestions that are discussed. Many adults will wish they had a parent with the type of wisdom expressed in this book when they were a child. As parents they will be grateful for the comprehensive guidance and recommendations to help make their children the very best they can possibly be.

Ronna McEldowney has managed to walk a fine line. Her suggestions enable parents to carefully and skillfully blend a combination of physical, mental and spiritual values in their approaches to real life situation. Her practical approaches will enhance the ability of parents to help their children become caring, loving, sharing mature adults.

This is one book every single parent not only needs but they will surely appreciate all of Ronna's expertise, experience and sharing.

--Doris J Rapp, MD ([drrapp.com](http://drrapp.com))  
Author of *Is This Your Child's World? & Our Toxic World, A Wake Up Call*

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Ronna McEldowney is a master teacher and educational consultant, whose work within the Waldorf School Community is legendary. *Enlightened Parenting* contains valuable insights and practical wisdom. There is simplicity to Ronna's approach that makes her recommendations both inspiring and accessible and helps take the anxiety out of parenting. This is a must-read for every parent striving to raise healthy children in this world of ever increasing complexity.

--Janis Williams, Curriculum Specialist  
Golden Valley Charter School, Orangevale, CA

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I greatly appreciate Ronna's unique and practical perspective on parenting and childcare. I cannot imagine a single parent, teacher, or other childcare provider who would not benefit significantly from reading *Enlightened Parenting*. I keep it readily at hand as a useful reference tool.

—Debbie Hallof, Professor, Chaminade University

President, Business Advisory Group Inc.

Ronna has provided both a reminder of the 'big picture' and practical suggestions for meeting the challenges of everyday life with children. Her years of experience and practical wisdom shine through in a way that engages both parents and teachers. I will be recommending it to all the parents in my program!"

--Rahima Baldwin Dancy, early childhood and parent educator &  
Author of *You Are Your Child's First Teacher*

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Three cheers for *Enlightened Parenting*. Ronna McEldowney has hit a grand slam. This is a must read for every parent or parent to be. This book goes beyond the ABC's of parenting. It is about becoming *the best you that you can become*.

--Dan Callahan, LMSW  
Director, The Last Resort Panama  
Panama's Premiere Recovery Center  
[www.thelastresortpa.com](http://www.thelastresortpa.com)