



Mom Must-Read

Author Barbara L. Fredrickson, Ph.D., a professor at the University of North Carolina at Chapel Hill, redefines love as something called “positivity resonance” in Love 2.0: How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become. We experience small bursts of love with all people, and love begets love.

Dr. Fredrickson's research

shows that people who practiced kindness-based meditation for a few minutes a day experienced more love. It's easy: Shut your eyes and think, “May [insert person] feel safe. May she feel happy. May she feel healthy. May she live with ease.” This worked for me. —Kristen Kemp



For more book picks, check out Kemp's blog at parents.com/blogs/mom-must-read.

Complete This Tweet

My kid would never forgive me if I lost his ...

Elmo blanket.
@moughmommy

Blue's Clues DVD.
@Nevermore616

toy puppy. It happened once and was like someone had died.
@gaenornunn

stuffed Curious George.
@MeganWallace10

blankie she's had since she was a newborn!
@_JadeyBabyy_

tablet. I'd really be in hot water for that one!
@kartinthekids

favorite video game.
@LizThiessen

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