

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 kindnessbased 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. Blue's Clues DVD.

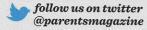
toy puppy. It happened once and was like someone had died.

> tablet. I'd for that one! @kartinthekids

stuffed Curious George.

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

favorite video game. @LizThiessen



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