



Nurture the Wow: Finding Spirituality in the Frustration, Boredom, Tears, Poop, Desperation, Wonder, and Radical Amazement of Parenting

Danya Ruttenberg

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A deeply affecting, funny, insightful meditation that challenges readers to find the spiritual meaning of parenting.

Every day, parents are bombarded by demands. The pressures of work and life are relentless; our children's needs are often impossible to meet; and we rarely, if ever, allow ourselves the time and attention necessary to satisfy our own inner longings. Parenthood is difficult, demanding, and draining. And yet, argues Rabbi Danya Ruttenberg, if we can approach it from a different mindset, perhaps the work of parenting itself can offer the solace we seek.

Rooted in Judaism but incorporating a wide-range of religious and literary traditions, *Nurture the Wow* asks, Can ancient ideas about relationships, drudgery, pain, devotion, and purpose help make the hard parts of a parent's job easier and the magical stuff even more so? Ruttenberg shows how parenting can be considered a spiritual practice—and how seeing it that way can lead to transformation. This is a *parenthood* book, not a *parenting* book; it shows how the experiences we have as parents can change us for the better.

Enlightening, uplifting, and laugh-out-loud funny, *Nurture the Wow* reveals how parenthood—in all its crazy-making, rage-inducing, awe and joy-filled moments—can actually be the path to living fully, authentically, and soulfully.

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