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**The Patricia Raskin Show**  
**Monday at 11 AM Pacific**  
**April 19th 2021: Hunter Clarke-Fields: Raising Good Humans**

Hunter Clarke-Fields is a mindfulness mentor, host of the Mindful Mama podcast, creator of the Mindful Parenting online course, and author of the new book, *Raising Good Humans* (New Harbinger Publications). Hunter Clarke-Fields advocates for parents' self-care as well as positive approaches to parenting challenges. In this program, Hunter Clarke-Fields will discuss with listeners why mindfulness and skillful communication are the two wings that allow parent-child relationships to fly, how not to perpetuate harmful parenting patterns carried over from the way you were parented, what role mind

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#### Featured Guest



##### Hunter Clarke-Fields

Hunter Clarke-Fields is a mindfulness mentor, host of the Mindful Mama podcast, creator of the Mindful Parenting online course, and author of the new book, *Raising Good Humans* (New Harbinger Publications). She helps parents bring more calm into their daily lives and cooperation in their families. Hunter has over 20 years of experience in meditation and yoga practices and has taught mindfulness to thousands worldwide.

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