

## Embracing Imperfection: Is it Possible to Find Peace as a Parent?

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I had the opportunity to spend a beautiful spring day at the Tucson Peace Fair. It prompted me to spend some time thinking about what peace means to me. Throughout the course of my life, my definition of peace has changed.

I used to think peace was the absence of anger and conflict. If I had grown up in a peaceful home, for example, my parents wouldn't have yelled, or I wouldn't have gotten spanked.

Then I grew into my 20s and 30s, and I would have defined peace as the absence of stress and frustration.

Then, at 36, I became a parent.



