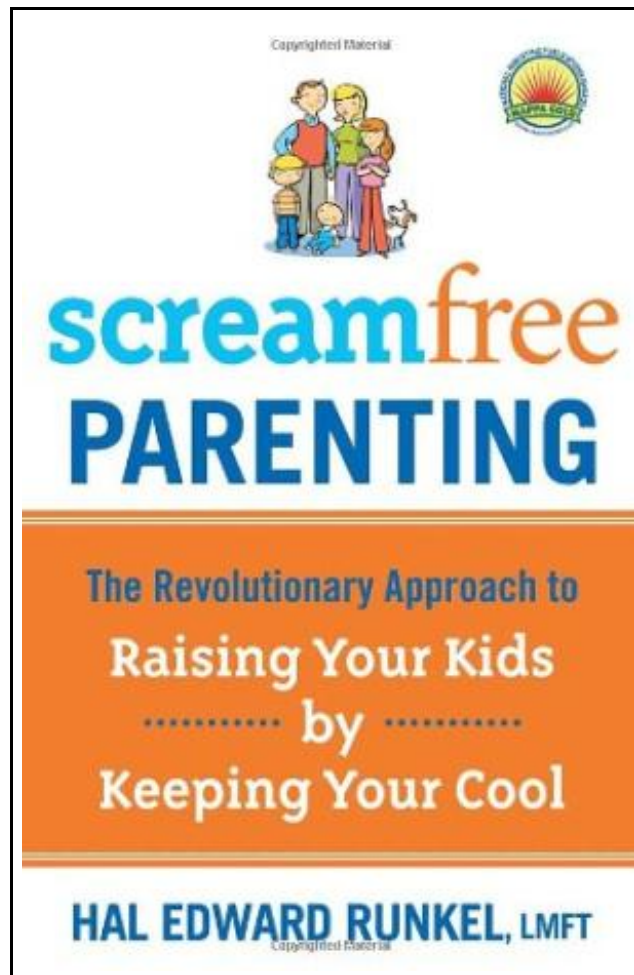


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Harmony. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.0in. x 4.7in. x 0.7in. You Can Start a Revolution in Your Family . . . Tonight. ScreamFree Parenting is not just about lowering your voice. Its about learning to calm your emotional reactions and learning to focus on your own behavior more than your kids behavior . . . for their benefit. Our biggest enemy as parents is not the TV, the Internet, or even drugs. Our biggest enemy is our own emotional reactivity. When we say we lost it with our kids, the it in that sentence is our own adulthood. And then we wonder why our kids have so little respect for us, why our kids seem to have all the power in the family. Its time to do it differently. And you can. You can start to create and enjoy the types of calm, mutually respectful, and loving relationships with your kids that youve always craved. You can begin to revolutionize your family, starting tonight. Parenting is not about kids, its about parents. If youre not in control, then you cannot be in charge. What every kid really needs are parents who are able to keep their cool no matter what. Easier said than done. Not anymore, thanks to ScreamFree Parenting, the principle-based approach thats inspiring parents everywhere to truly revolutionize their family dynamics. Moving beyond the child-centered, technique-based approaches that ultimately fail, the ScreamFree way compels you to: focus on yourself, calm yourself down, and grow yourself up. By staying calm and connected with your kids, you begin to operate less out of your deepest fears and more out of your highest principles, revolutionizing your relationships in the process. ScreamFree Parenting is not just another parenting book. Its the first parenting book that maintains from beginning to end that parenting is NOT about...



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