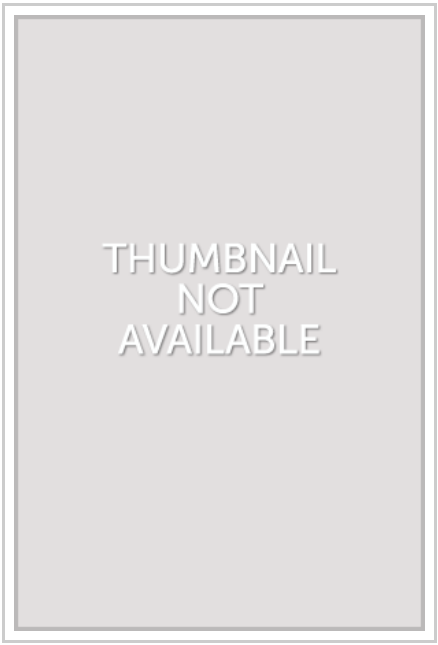


DOWNLOAD

Is That Me Yelling?: A Parent s Guide to Getting Your Kids to Cooperate Without Losing Your Cool (Paperback)

By Rona Renner

New Harbinger Publications, United States, 2014. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. Being a parent is hard work! And when your child refuses to do even the little things-like picking up their toys, taking a bath, or getting in the car to go to school-it s easy to become frustrated. But what if there was a gentle, effective way for you to improve your kid s behavior without losing your cool or raising your voice? In Is That Me Yelling? leading authority on parenting, Rona Renner outlines effective communication strategies that focus on your child s unique temperament. While most books on discipline are one size fits all, this book offers a tailored parenting approach. Inside, you will learn powerful mindfulness techniques based in cognitive behavioral theory (CBT) and temperament theory to help reduce conflict and foster cooperation, respect, and understanding in your family. You will also learn the real reasons behind your frustration, how your unique temperament, as well as your child s, can contribute to you losing your temper, and how you can start feeling calm and connecting with your child in a positive way, right away. As a parent,...

READ ONLINE
[6.68 MB]

Reviews

This pdf is definitely not straightforward to get started on studying but extremely exciting to see. It generally does not charge an excessive amount of. Your lifestyle period is going to be convert once you full looking over this publication.
-- ***Elliott Rempel MD***

This publication is definitely worth buying. It is writter in straightforward words rather than difficult to understand. You are going to like how the writer compose this publication.
-- ***Dr. Joaquin Klein***