



## Screamfree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool

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By Hal Edward Runkel

Random House Audio Publishing Group, United States, 2007. CD-Audio. Book Condition: New. Unabridged. 157 x 140 mm. Language: English . Brand New. You Can Start a Revolution in Your Family . . . Tonight ScreamFree Parenting is not just about lowering your voice. It s 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. It s 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 you ve always craved. You can begin to revolutionize your family, starting tonight. Parenting is not about kids, it s about parents. If you re not in control, then you cannot be in charge....



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