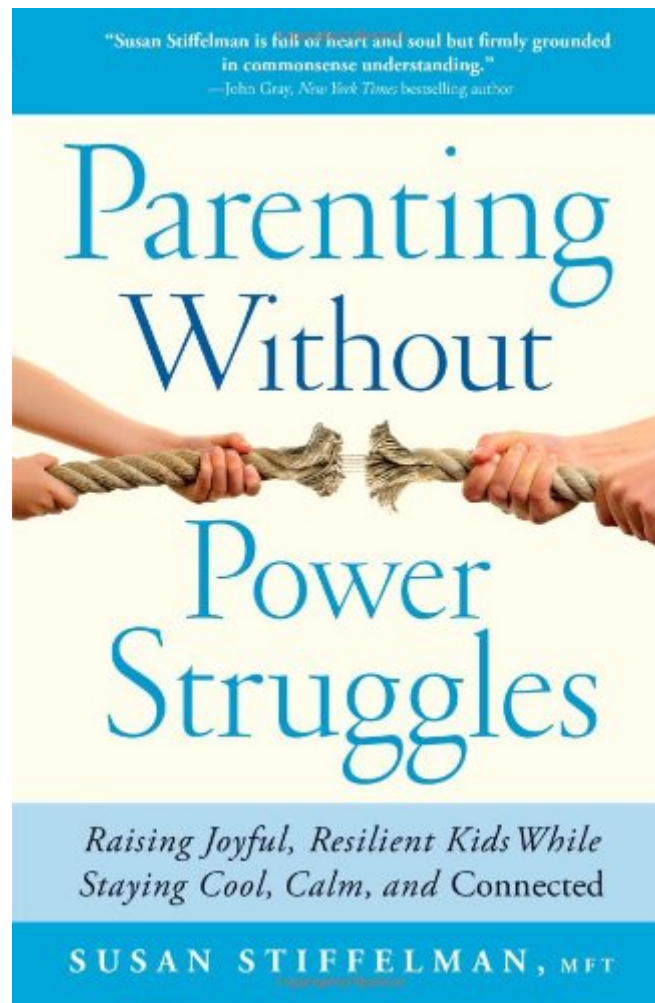


# Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected PDF



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Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected by Susan Stiffelman ISBN 1451667663

From a family therapist, parenting expert and respected advice columnist for AOL's HuffPost Parents comes a unique approach to parenting that can help eliminate drama, meltdowns, and power struggles.

Do you ever find yourself asking . . .

- How can you get your children to do their homework without meltdowns, threats or bribes?

- How can you have a drama-free morning where the kids actually get out the door in time for school?
- How can you better manage your kids' screen time without making them want to hide what they're doing from you?

Family therapist Susan Stiffelman is here to help. While most parenting programs are designed to coerce kids to change, *Parenting Without Power Struggles* does something innovative, showing you how to come alongside your children to awaken their natural instincts to cooperate, rather than at them with threats or bribes, which inevitably fuels their resistance. By staying calm and being the confident “Captain of the ship” your child needs, you will learn how to parent from a place of strong, durable connection, and you’ll be better able to help your kids navigate the challenging moments of growing up.

Drawing upon her successful practice and packed with real-life stories, *Parenting Without Power Struggles* is an extraordinary guidebook for transforming the day-to-day lives of busy parents—and the children they love.

## **Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected Review**

This Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected having great arrangement in word and layout, so you will not really feel uninterested in reading.