

4ZmwW [GET] The Positive Parenting Workbook: An Interactive Guide for Strengthening Emotional Connection (The Positive Parent Series)

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From a popular parenting blogger and the author of Positive Parenting, an interactive guide for any parent who wants to foster emotional connection in place of yelling, nagging, and power struggles. With more than one million Facebook followers for her Positive Parenting online community, Rebecca Eanes has become a trusted voice among parents who are looking for a better way -- hoping to dial down the drama, frustration, stress and resentment that's all too common in our hectic times. This inspiring and inviting guide walks readers through the process of charting a new path, toward greater emotional awareness, clear communication, and even joyful moments in parenting (remember those?). Filled with encouraging prompts and plenty of room to record your progress, this is a much-needed addition to the positive parenting shelf -- and a companion to some of the most popular parenting guides on the market.

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