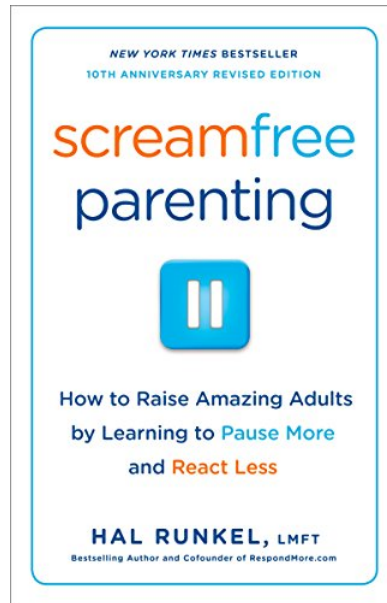


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WANT A PEACEFUL HOME? This practical, effective guide for parents with kids of all ages introduces proven principles for overcoming the stress and anxiety of parenting, forged in the personal trenches of countless Screamfree families. If you're like most parents, what you want right now is pretty simple: an effective plan for getting your kids to behave and be happy. You're probably looking for something else as well – something a little deeper. Like many other parents all over the world, you want to know you're doing a good job. You want to feel like you can handle anything. You want to feel confident, competent, and hopeful for the future, for both your kids and yourself. (Oh, and along the way, you'd like a little peace, quiet, and respect as well.) All of the above are possible, even probable, if you can learn to become "Screamfree." You can have the structured, rewarding home life you've always craved, with respectful kids who are responsible for their own actions. All you have to do is learn to pause, so you can respond more and react less. It really is that simple. Once you learn to control your own emotions and behavior, your children will soon learn how to control theirs. Now is your chance to join thousands of other parents in a movement of calmer parenting. The new, revised edition includes updated practical applications of the foundational Screamfree principles, a new chapter on parenting in the digital age, and a comprehensive Q&A section dealing with everything from behavioral problems to allowances and chores. A peaceful home is closer than you think.

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