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## 9 Steps to Conscious Parenting: Raising Healthy, Happy, and Confident Children (Paperback)

By Pamela Shelly

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In 9 Steps to Conscious Parenting, Pamela Shelly guides parents by offering a variety of practical tools using a very holistic approach. The 9 Steps assist parents in living and parenting in an evolved, wise and conscious manner. Parents are able to see what they are modeling, learn the value of healing their emotions and how they can create a positive impact on the lives of their children. Children desire to be accepted, heard and understood in a loving, supportive relationship that inspires and encourages our children to express their true self. At the end of each chapter are a list of tools and exercises. The 9 Steps are: 1.Be the Best Role Model You Can Be 2.Healing Your Emotions 3.Building Self-Esteem 4.Creating Healthy, Open Communication 5.Physical Well-Being 6.Mental Well-Being 7.Emotional Well-Being 8.Creating a Spiritual Foundation 9.Support for the New Wave of Children As parents, one of the most important things we will ever do is guide our children to be conscious, responsible, and loving beings. In 9 Steps to Conscious Parenting Pamela Shelly gives us...



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