



## The Conscious Parent's Guide to Positive Discipline : A Mindful Approach for Building a Healthy, Respectful Relationship with Your Child

By COSTA JENNIFER

Paperback. Book Condition: New. Not Signed; Description: A new series from Adams Media featuring positive, mindful advice for the whole family \* Features advice for parenting with mindfulness, flexibility, and resilience to provide a calm and centered emotional environment \* Children whose parents practiced conscious parenting were found to be less likely to deal with stress by using avoidance or aggressive coping responses (Psychology) \* Authored by PhDs, Occupational Therapists, Psychologists, and other parenting experts to ensure thorough, authoritative guidance. book.



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