

## **The Conscious Parent By Shefali Tsabary**

Mastering Your Mean Girl DeluxeHow to Raise a Brighter ChildThe Importance of Being LittleRaising Good HumansThe Conscious Parent's Guide to Positive DisciplineIt's A Mom !Parenting in the Present MomentPositive ParentingThe Conscious Parent's Guide to AutismMason's Greatest GemsYour Cherished BabyThe "Perfect" ParentThe Awakened FamilySuper AttractorParenting Without Power StrugglesLimitlessScreamfree Parenting, 10th Anniversary Revised EditionThe Myth of the Spoiled ChildEnlightened TeachingJust BreatheConnection & KindnessThe School of GreatnessMindful DisciplineThe Conscious Parent's Guide To ADHDPack Leader PsychologyThe Art of Conscious ParentingThe Conscious ParentA Radical AwakeningThe Everything Parent's Guide to Raising GirlsThe Conscious Parent: Transforming Ourselves, Empowering Our ChildrenHappy Parents Happy KidsThe Wonder of GirlsOut of ControlPadres Conscientes/ The Conscious ParentThe Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing MindSuperpoweredNo-Drama DisciplinePeaceful Parent, Happy SiblingsConscious ParentingHow to Talk So Little Kids Will Listen

### **Mastering Your Mean Girl Deluxe**

Enlightened Teaching is an educational philosophy that incorporates mindfulness in the school setting. The philosophy integrates educational theories, such as Maslow's Hierarchy and Erikson's Stages of Emotional Development, commonly taught in teacher preparation programs and applies them in a practical, cohesive way. Theories are applied to create consciousness in teachers as they work with students. The book centers around an understanding that students are spiritual beings who were created to reach self-actualization.

### **How to Raise a Brighter Child**

### **The Importance of Being Little**

For over 25 years, renowned brain coach Jim Kwik has worked closely with top actors, athletes, CEOs, and superachievers in all walks of life to unlock their true capabilities. In this groundbreaking book, he reveals the science-based practices and field-tested techniques that the world's top performers use to accelerate their learning and create world-class results.

### **Raising Good Humans**

Do you struggle with your kids over homework, chores, meal times, and bedtime? Are you frustrated that your child doesn't listen to you, so that you resort to threats and punishments? Pushed to the brink, do you find yourself yelling, but not wanting to--yet not knowing another way? Wasn't this whole parenting thing supposed to be more fun than it is? When you uncover why children act out the way they do, you can address the reasons for the behavior and the need to threaten or punish vanishes. In *Connection and Kindness: The Key to Changing the World Through Parenting*, discover how to let your child's core of kindness shine through--as well as your own!

## **The Conscious Parent's Guide to Positive Discipline**

"Christakis . . . expertly weaves academic research, personal experience and anecdotal evidence into her book . . . a bracing and convincing case that early education has reached a point of crisis . . . her book is a rare thing: a serious work of research that also happens to be well-written and personal . . . engaging and important." --Washington Post "What kids need from grown-ups (but aren't getting) an impassioned plea for educators and parents to put down the worksheets and flash cards, ditch the tired craft projects (yes, you, Thanksgiving Handprint Turkey) and exotic vocabulary lessons, and double-down on one, simple word: play." --NPR.org The New York Times bestseller that provides a bold challenge to the conventional wisdom about early childhood, with a pragmatic program to encourage parents and teachers to rethink how and where young children learn best by taking the child's eye view of the learning environment To a four-year-old watching bulldozers at a construction site or chasing butterflies in flight, the world is awash with promise. Little children come into the world hardwired to learn in virtually any setting and about any matter. Yet in today's preschool and kindergarten classrooms, learning has been reduced to scripted lessons and suspect metrics that too often undervalue a child's intelligence while overtaxing the child's growing brain. These mismatched expectations wreak havoc on the family: parents fear that if they choose the "wrong" program, their child won't get into the "right" college. But Yale early childhood expert Erika Christakis says our fears are wildly misplaced. Our anxiety about preparing and safeguarding our children's future seems to have reached a fever pitch at a time when, ironically, science gives us more certainty than ever before that young children are exceptionally strong thinkers. In her pathbreaking book, Christakis explains what it's like to be a young child in America today, in a world designed by and for adults, where we have confused schooling with learning. She offers real-life solutions to real-life issues, with nuance and direction that takes us far beyond the usual prescriptions for fewer tests, more play. She looks at children's use of language, their artistic expressions, the way their imaginations grow, and how they build deep emotional bonds to stretch the boundaries of their small worlds. Rather than clutter their worlds with more and more stuff, sometimes the wisest course for us is to learn how to get out of their way. Christakis's message is energizing and reassuring: young children are inherently powerful, and they (and their parents) will flourish when we learn new ways of restoring the vital early learning environment to one that is best suited to the littlest learners. This bold and pragmatic challenge to the conventional wisdom peels back the mystery of childhood, revealing a place that's rich with possibility.

From the Hardcover edition.

## **It's A Mom !**

The people of every generation think that they will be better parents when their time comes; that the relationship they share with their child would be different and open and evolved. But, more often than not, they find themselves standing at the crossroads of what they already know about parenting and what they want to do differently. Chitra Jha offers just the right resource material for New Age parents who search for creative but mindful ways to bring up their children in today's hyper-advanced world. Right from planning for a baby to caring for a young adult, this book deals with situations you never see coming, including the less-talked-about topics of adoption and caring for a special needs child. Conscious Parenting is the new guideline that holds the best of both worlds: the familiarity of sure-shot methods and the necessity of modern, emerging ideas for a happy childhood. Equal parts practical and spiritual, this book is the right concoction of everything that spells successful parenting in the twenty-first century.

## **Parenting in the Present Moment**

The author discusses how parental overconcern with discipline can lead to adult dysfunction for a child later in life and argues for a better relationship with children based on communication, respect, and an emphasis on personal responsibility.

## **Positive Parenting**

The perfect tool for children facing new social and emotional challenges in an increasingly disconnected world! This how-to book from two psychology experts--packed with fun graphics and quizzes--will help kids transform stress, worry, and anxiety. Give it to fans of The Confidence Code for Girls and Raina Telgemeier's Guts. Now more than ever, kids need to feel empowered as they work through anxiety, overwhelm, and uncertainty brought on by the world around them. With its helpful, hands-on suggestions and tips, SUPERPOWERED will be embraced by every kid with insecurities, worries, and anxious thoughts. Renee Jain (founder of GoZen!) and Dr. Shefali Tsabary (New York Times bestselling author and Oprah contributor) make readers the superheroes of their own stories. They introduce a toolkit of easy-to-understand methods for recognizing anxious behaviors, identifying the root causes of worried thinking, and realizing that strength can be found in reclaiming one's inner superpowers. With the help of humorous artwork and interactive elements, readers find their P.O.W.E.R. (an acronym that inspires mindfulness and resilience practices) and gain lasting mental strength.

## **The Conscious Parent's Guide to Autism**

Parenting and education expert Alfie Kohn tackles the misconception that overparenting and overindulgence has produced a modern generation of entitled children incapable of making their way in the world.

## Mason's Greatest Gems

This generation of parents is overwhelmed with parenting advice; Carla Naumburg sets out to remind them that they have everything they need to raise healthy, happy children. Mindful parenting is about paying attention to what is going on with your children and yourself without judging it or freaking out about it or thinking everyone, including yourself and your child, should be doing something differently. In *Parenting in the Present Moment*, Naumburg shares what truly matters in parenting—connecting with children in ways that are meaningful to them and you, staying grounded amidst the craziness of parenting, and staying present for whatever life throws your way. With reassuring, compassionate storytelling, she weaves the most current theories—about healthy relationships, compassionate self-care, and mindfulness—throughout vignettes of her own chaotic childhood and parental struggles. She shows how mindfulness creates a solid foundation for any style of parenting, regardless of your cultural background, socio-economic status, or family structure. She also introduces the STAY model for tough times: Stop whatever it is you're doing; Take a Breath; Attune to you thoughts and those of your child; and Yield to what is happening so you can respond from a place of connection and compassion. Parenting is an ongoing journey that constantly challenges every parent. *Parenting in the Present Moment* will help each family find its own way.

## Your Cherished Baby

Ha llegado el momento de que la crianza de los hijos se ocupe de lo que debera haberse ocupado siempre: de los padres. Una visi3n diferente e innovadora de la doctora Shefali Tsabary para la crianza de los hijos. Pr3logo del Dalai Lama. La doctora Shefali Tsabary explica que nuestros hijos solo pueden convertirse en adultos conscientes si nosotros, como padres, procuramos elevarnos a un estado superior de consciencia. Cambiando por completo la idea tradicional de crianza de los hijos, la doctora Tsabary aleja el epicentro de la cl3sica relaci3n padres-hijos basada en que los primeros 4lo saben todo4 y lo lleva a una relaci3n mutua en la que los padres tambi3n aprenden de los hijos. Este innovador estilo parental reconoce la capacidad de los hijos para provocar una profunda b3squeda interior, lo que origina una transformaci3n en los padres: en vez de ser simples receptores del legado psicol3gico y espiritual de sus progenitores, los hijos obran como 4facilitadores4 de su desarrollo. Ahora el centro de atenci3n reside en la afinidad rec3proca y la asociaci3n espiritual del viaje padres-hijos. En el enfoque de la doctora Tsabary sobre el estilo parental, los hijos funcionan como espejos del 4yo olvidado4 de los padres. Tan pronto como recuperan su esencia, los padres entran en comuni3n con sus hijos. Los unos y otros descubren su capacidad para relacionarse en un estado de presencia. ENGLISH DESCRIPTION Instead of being merely the receiver of the parents' psychological legacy, children function as ushers of the parents' development. Parents

unwittingly pass on an inheritance of psychological pain and emotional shallowness. To handle the behavior that results, traditional books on parenting abound with clever techniques for control and quick fixes for dysfunction.

## **The "Perfect" Parent**

## **The Awakened Family**

I Wish I Had Read This Book Before I First Became A Mother! It Takes A Refreshingly Honest Look At The Intense Emotional Journey Of Becoming A Mother For The First Time And Validates All The Feelings New Mothers Experience But Are Afraid To Acknowledge. Priyanka Gandhi Vadra Bringing Your First-Born Into The World Actually Means The Birth Of A Whole New You, Says First-Time Mother And Toddler-Survivor Shefali Tsabary. While Everyone Fusses Over The Little Bundle, You Re Going To Have To Overcome The Feeling Of Your Life Being Taken Over And Turned On Its Head (While Your Body Has Been Transformed Into Something Just As Unrecognizable). You Ll Have To Learn To Take Pleasure In Being A Mother Through The Utter Helplessness Of The Initial Days, The Extreme Fatigue Resulting From Sleepless Nights, And The Overwhelming Responsibility Of Shaping Another Life. It S A Mom! Gives You Invaluable Advice On How To Handle Your Baby And Yourself In Every Imaginable Situation. From Feeding And Burping And Establishing Sleeping Patterns To Tackling Your Toddler S Tantrums, This Book Outlines Effective Techniques That Will Make Bonding With Your Baby A Pleasure. And It Gives You The Crucial Tip That Your Ever-Eager-To-Advise Relatives Forget To Mention: You Have A Life Beyond Your Baby And A Body And Mind, And Spouse To Reconnect With. Shefali Tsabary Has Written A Book Of Profound Personal Insight, With The Courage To Confront Her Actual Experiences And Extract Wisdom From Solutions That She Found Helpful. Roni Beth Tower, Ph.D, Diplomate In Clinical Psychology

## **Super Attractor**

When a career-ending injury left elite athlete and professional football player Lewis Howes out of work and living on his sister's couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches' advice from sports to life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In The School of Greatness, Howes shares the essential tips and habits he gathered in interviewing "the greats" on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and Pencils of Promise CEO Adam Braun, Howes figured out that greatness is unearthed and cultivated from within. The masters of greatness are not successful because they got lucky or are innately more talented, but because they applied specific habits

and tools to embrace and overcome adversity in their lives. A framework for personal development, The School of Greatness gives you the tools, knowledge, and actionable resources you need to reach your potential. Howes anchors each chapter with a specific lesson he culled from his greatness “professors” and his own experiences to teach you how to create a vision, develop hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable of achieving success and that we can all strive for greatness in our everyday lives.

## **Parenting Without Power Struggles**

Get ready for a parenting makeover! If you’re a parent today, you face extreme pressure to get everything exactly “right”—a pursuit of perfection that probably makes parenting feel hard. It encourages you to worry about whether you’re doing a good enough job, and to wonder if your kids will turn out okay. In The “Perfect” Parent, Roma Khetarpal puts all of that agony to rest. She explains that the key to a fulfilling parenting experience is to stop chasing an ideal and instead use your inner perfection to nurture a strong, communicative connection with your children—which will lead them to be happy, think positive, and do good. Drawing from the fields of personal growth and emotional intelligence and distilling cutting-edge scientific research, Khetarpal leads you through five communication tools designed to help parents strengthen their bond with their kids and handle the doubt, guilt, worry, and fear that often accompany the challenges of raising children. Along the way, she shares helpful, humorous real-life stories taken from the popular parenting classes she’s taught for years, as well as easy-to-remember exercises—such as “Dealing with the Feeling” and “Take Five”—for use in common family situations. With this short, useful, and enjoyable guide, you will be equipped with the simple tools you need to build a relationship with your kids that lasts a lifetime. Includes a “Perfect’ parent toolbox!

## **Limitless**

An integrative method for helping children focus and learn! If your child has been given a diagnosis of ADHD, you may be feeling overwhelmed and unsure of what to do next. With The Conscious Parent's Guide to ADHD, you will learn how to take a relationship-centered approach to parenting that engages your child and ensures that he succeeds behaviorally, socially, and cognitively. Conscious parenting is about being present with your child and taking the time to understand how to help him flourish. By practicing this mindful method, you can support your child emotionally and help nurture his development. With this all-in-one guide, you can create a plan that not only addresses the challenges a child with ADHD faces, but also creates a mindful, less stressful atmosphere for the whole family. You'll be able to: Honor your child's unique learning style Adapt a conscious parenting philosophy that works for everyone Understand treatment options and weigh the pros and cons of medication Lower stress levels for the entire family, including other siblings Learn how a mindful approach can be combined with other treatments Help your child focus at home and school Focus on your child's strengths as well as

weaknesses Encourage your child to achieve his goals When both you and your child are more mindful and relaxed, your child can learn to focus, gain independence, and thrive both in school and out.

## **Screamfree Parenting, 10th Anniversary Revised Edition**

Conscious parenting is about becoming mindful of your behaviour and engaging with your child as an individual. Dr Tsabary inspires parents to get back in touch with their emotions and shed the layers of baggage they have inherited during their own life and are unconsciously heaping on their children. As they become 'conscious' in their parenting, so parents can transform their relationship with their offspring and raise happy, well-adjusted children. The Conscious Parent is already transforming the way people are parenting through its sales in the US where it's spent 15 weeks on the New York Times bestseller list. Oprah described the book as 'The most profound book on parenting I've ever read' and Eckhart Tolle has said 'becoming a conscious parent is the greatest gift you can give your child.' The book features a foreword by His Holiness The Dalai Lama.

## **The Myth of the Spoiled Child**

"Tired of yelling and nagging? True family connection is possible - and this essential guide shows us how. Popular parenting writer Rebecca Eanes believes there's more to family life than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones, she began to share her insights with like-minded parents online - and her readership has grown into a thriving community more than half a million strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for overcoming limiting thought patterns and recognizing emotional triggers, as well as connecting with kids at every stage, establishing trust and communication, and troubleshooting the most common behavioral problems. This is an empowering resource for any parent who wants to ease anger and frustration, end the downward spiral of acting out and punishment - and foster an emotional connection that helps kids gain self-discipline and confidence, and create lasting, loving bonds."

## **Enlightened Teaching**

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.

## **Just Breathe**

A guide for busy parents on how to promote harmony in a family shares insights into various developmental stages in children while outlining strategic parenting strategies that promote cooperative behaviors without the use of threats or bribes. Original. 75,000 first printing.

## **Connection & Kindness**

The way we nurture our babies, from their earliest moments, has a lifelong effect on their health and happiness. What many of us have known instinctively is now a matter of science. Study after study proves that how we hold, feed, play with and settle our babies is a major factor in their long-term wellbeing. Dr Howard Chilton has been a neonatologist (a babies' physician) for over thirty years. He has seen numerous baby-care fads come and go, but has always held to the philosophy now proved by science: you can't give your baby too much love. In *Your Cherished Baby*, Dr Chilton introduces mothers to a complete approach for settling, feeding and engaging their 0-2 infants. He explains the neurological processes of both baby and mother in this early bonding period. He debunks the myth of baby routines, provides a compelling explanation for colic and excessive crying, and argues for the introduction of varied foods to aid the development of a child's palette and to guard against obesity later in life. Most prevalent to many a sleep-deprived parent, Dr Chilton presents a practical alternative to controlled crying, a currently popular sleep settling technique that he regards as inhumane. Accessible, compassionate and occasionally controversial, *Your Cherished Baby* is the essential guide to giving babies the best possible start in life.

## **The School of Greatness**

Raising a girl in today's world is more complicated than ever. How do you help your daughter navigate through her world of school cliques, confusing media messages, and pressures to be a "good girl"? Newly revised and updated, this guide gives you smart and comprehensive advice on the trials and triumphs of raising a daughter. Parenting expert Dr. Erika Shearin Karres prepares you for every stage, including: Handling tantrums, bad moods, and potty training Dealing with cliques, bullies, and peer pressure Coping with puberty and menstruation Keeping up with texting, social media, and online relationships Addressing the issues of drinking, smoking, drugs, and sex Enforcing rules and discipline Dr. Karres shows you how to raise your girl with ease, skill, and confidence even in today's challenging world!

## **Mindful Discipline**

This deluxe eBook edition features eight exclusive videos from author and self-love instructor Melissa Ambrosini, in which she leads readers through guided meditations and practices in positive affirmations. Ready to activate your dream life? You know that sneaky voice inside your head telling you that you're not good enough, smart enough, skinny enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined. But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are! In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a kick-ass life — one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

## **The Conscious Parent's Guide To ADHD**

Parenting without anxiety, guilt, or feeling overwhelmed Happy Parents Happy Kids is the ultimate no-guilt guide to boosting your enjoyment of parenting while at the same time maximizing the health and happiness of your entire family. You can find ways to take care of yourself while you're busy raising a family—just as you can choose to use parenting strategies that work for you and your kids. This practical and encouraging book will help you · Discover what less-stressed-out parents know about minimizing the fallout from work-life imbalance (to say nothing of all the other things our generation of parents can't help but feel anxious about) · Tackle the challenges of distracted parenting(in a way that helps kids to develop healthy relationships with technology) · Balance your hopes and dreams for your children with the demands of the rest of your life · Manage screen time for your whole family with simple and effective strategies · Learn mindfulness strategies that can make parenting easier and can be effortlessly worked into your daily life · Live healthier (including a crash course on the science of habit change) · Become a calmer and more confident parent so that you can stop feeling bad

and raise astonishingly great kids The takeaway message is clear, powerful, and potentially life-changing. You can lose the guilt, embrace the joy, and thrive alongside your kids.

## **Pack Leader Psychology**

Transform yourself into a calm, assertive pack leader of people. Apply the simple, but powerful, concepts of a popular dog-training method to human psychology and learn how to gain self-acceptance, stop self-blaming, discover your authentic self, strengthen your personality and have more-fulfilling relationships. Based on the indisputable primal behaviors of fight-or-flight and key ideas from social psychology, you'll learn: how to spot people who want to take advantage of you how to attract emotionally healthy people into your life how to raise children with strong self-worth and how to unleash yourself from unhealthy emotional responses. Harper West is a psychotherapist, speaker, consultant and pack leader - of course! In learning to be an assertive pack leader to her dog, she uncovered a framework about human behavior that readers can immediately apply to all aspects of their lives. She has a master's degree in clinical psychology, but, more important, an advanced degree of wisdom gained after unflinchingly examining her life and completely transforming her personality based on Pack Leader Psychology principles."

## **The Art of Conscious Parenting**

"A wise and fresh approach to mindful parenting." —Tara Brach, author of Radical Acceptance A kinder, more compassionate world starts with kind and compassionate kids. In *Raising Good Humans*, you'll find powerful and practical strategies to break free from "reactive parenting" habits and raise kind, cooperative, and confident kids. Whether you're running late for school, trying to get your child to eat their vegetables, or dealing with an epic meltdown in the checkout line at a grocery store—being a parent is hard work! And, as parents, many of us react in times of stress without thinking—often by yelling. But what if, instead of always reacting on autopilot, you could respond thoughtfully in those moments, keep your cool, and get from A to B on time and in one piece? With this book, you'll find powerful mindfulness skills for calming your own stress response when difficult emotions arise. You'll also discover strategies for cultivating respectful communication, effective conflict resolution, and reflective listening. In the process, you'll learn to examine your own unhelpful patterns and ingrained reactions that reflect the generational habits shaped by your parents, so you can break the cycle and respond to your children in more skillful ways. When children experience a parent reacting with kindness and patience, they learn to act with kindness as well—thereby altering generational patterns for a kinder, more compassionate future. With this essential guide, you'll see how changing your own "autopilot reactions" can create a lasting positive impact, not just for your kids, but for generations to come. An essential, must-read for all parents—now more than ever. "To raise the children we hope to raise, we have to learn to become the person we hoped to be.... This wonderful book

will help you handle the ride.” —KJ Dell’Antonia, author of *How to Be a Happier Parent* “Hunter Clarke-Fields shares her wisdom and personal experience to help parents create peaceful families.” —Joanna Faber and Julie King, coauthors of *How to Talk So Little Kids Will Listen*

## **The Conscious Parent**

Help your child learn self-discipline, cooperation, and responsibility! When a child misbehaves, the situation can quickly escalate into an uphill battle of yelling, tears, and resistance--on both sides. But what if you could avoid all that? Conscious parenting is about being present with your child and taking the time to understand the reasons and motivations behind behaviors. This relationship-centered approach means that you respect your child's point of view as you both learn how to create a mutually-beneficial set of behavioral rules. By practicing this mindful method, you can support your child emotionally and help nurture important social development. Parent coach Jennifer Costa teaches you how to: Communicate openly with your child about proper behavior Build a supportive home environment Determine your child's behavioral triggers Learn strategies that will help your child feel calm Teach your child long-term coping skills Discipline your child without embracing anger With *The Conscious Parent's Guide to Positive Discipline*, you will learn to create a calm and mindful atmosphere for the whole family, while helping your child feel competent, successful, and healthy.

## **A Radical Awakening**

Raising happy, compassionate, and responsible children requires both love and limits. In *Mindful Discipline*, internationally recognized mindfulness expert Shauna Shapiro and pediatrician Chris White weave together ancient wisdom and modern science to provide new perspectives on parenting and discipline. Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: unconditional love, space for children to be themselves, mentorship, healthy boundaries, and mis-takes that create learning and growth opportunities. In this book, you will also discover parenting practices such as setting limits with love, working with difficult emotions, and forgiveness and compassion meditations that place discipline within a context of mindfulness. This relationship-centered approach will restore your confidence as a parent and support your children in developing emotional intelligence, self-discipline, and resilience—qualities they need for living an authentic and meaningful life.

## **The Everything Parent's Guide to Raising Girls**

Michael Gurian, whose national bestseller *The Wonder of Boys* presented a radical and enlightening view of parenting sons, now offers a groundbreaking approach to raising daughters. In *The Wonder of Girls*, Gurian, himself the father of two girls,

provides crucial information for fully understanding the basic nature of girls: up-to-date scientific research on female biology, hormones, and brain development and how they shape girls' interests, behavior, and relationships. He also offers insight into a culture mired in competition between traditionalism and feminism and a new vision that provides for the equal status of girls and women yet acknowledges their nature as complex and distinct from men. He explains what is "normal" for girls each year from birth to age 20; what developmental needs girls face in each stage; how to communicate effectively with girls; and how to cope with developmental crises such as early sexuality, eating disorders, parental divorce, and more. With personal insights, practical tips, real-life anecdotes, and accessible science, *The Wonder of Girls* creates a new parenting paradigm. Key elements include: a nature-based approach to why girls are the way they are the connection between the need for profound attachment and the physical and brain development of girls support for a girl's inherent need for intimacy tools to protect girls' self-esteem and emotional life a new approach to girls' character development and rites of passage. With this scientifically based developmental map of girlhood, Gurian equips parents with a comprehensive guide for raising daughters. Challenging our culture to examine and embrace a crucial piece of the puzzle missing thus far, *The Wonder of Girls* elevates the dialogue on parenthood.

## **The Conscious Parent: Transforming Ourselves, Empowering Our Children**

Popular parenting expert Dr. Laura Markham, author of *PEACEFUL PARENTS, HAPPY SIBLINGS*, has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. As any parent of more than one child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs. *PEACEFUL PARENT, HAPPY SIBLINGS* includes hands-on, research-based advice on:

- Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more.
- Fostering a loving family culture that encourages laughter and minimizes fighting
- Teaching your children healthy emotional self-management and conflict resolution skills—so that they can work things out with each other, get their own needs met and respect the needs of others
- Helping your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

## **Happy Parents Happy Kids**

"New from the New York Times bestselling author of *The Conscious Parent* comes a radically transformative plan that shows parents how to raise children to be their best, truest selves, "--Amazon.com.

## **The Wonder of Girls**

Mason's Greatest Gems is a story about finding hidden gems inside yourself, with an introduction to the concept of virtues for children. It can be used to inspire discussions in your homes and classrooms about using life experiences as opportunities for personal growth. Suited for children aged 5-10 years old.

## **Out of Control**

THE LATEST STUDIES PROVE SOONER IS SMARTER How much is a child capable of learning before the age of six? What happens to a child's brain during the preschool years when the body is growing so rapidly? How can working parents make sure their children are getting enough mental stimulation? Should parents help a youngster learn to read before he or she starts the first grade? How can parents safely use computers and the Internet as early learning tools? Is a child's intelligence level actually fixed for life by inherited genes? You'll find the answers to these and hundreds of other vital questions in this revised and updated edition of this classic parenting guide. How to Raise a Brighter Child incorporates groundbreaking scientific findings on brain development to help you boost your child's potential from birth. Discover specific early learning techniques to aid your child's development of his or her mind -- in his or her own personal style and at the appropriate speed. These are not formal lessons. Most are fascinating games. And they work!

## **Padres Conscientes/ The Conscious Parent**

Help your child feel confident and capable! If your child has a diagnosis of "on the autism spectrum," you may be feeling overwhelmed and most likely intimidated. Often the focus is on "disabilities" rather than "abilities," and you may be left wondering what you should expect as your child journeys through life. With The Conscious Parent's Guide to Autism, you will learn how to take a relationship-centered approach to engage your child. Conscious parenting means being present with your children and taking the time to understand their point of view. Using this mindful method, you can help your child improve language skills, motor skills, and social skills. You'll also learn how to: Honor your child's unique perspective and cognitive strengths Adapt a conscious parenting philosophy that works for everyone Identify triggers that can lead to sensory overload Help your child feel in control with calming routines Lower stress levels for the entire family, including other siblings Educate your family and friends about autism Advocate for your child Find ways to improve communication With The Conscious Parent's Guide to Autism, you'll learn to create a calm and mindful atmosphere for the whole family, while helping your child succeed and thrive.

## **The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind**

"Lays out the connections between conscious nutrition for families and spiritually oriented parenting including health advice and easy, child-friendly vegan recipes"--

## **Superpowered**

For kids ages 8 to 12, this is an accessible and fun meditation and mindfulness how-to book filled with full-color illustrations, written by Mallika Chopra and with a foreword by Deepak Chopra. Just Breathe is a fun and accessible, fully illustrated go-to meditation guide written by none other than Mallika Chopra, wellness expert and the daughter of Deepak Chopra. For kids ages 8 to 12, this book is full of specific exercises to help deal with day-to-day challenges and tips to lead a healthier, happier, and more connected life. The book includes practical advice on breathing techniques and guided meditations for a number of topics and scenarios, including: Dealing with stress Getting to sleep Building self-confidence Focusing on school/tests/other work Ridding oneself of anxiety Beginners will learn the basics of meditation and how to get started, and those more experienced will learn how to improve their practice. This book will also teach kids how to prepare their own meditation spaces. Just Breathe is the go-to book for kids who want to learn more about mindfulness and meditation.

## **No-Drama Discipline**

Instead of being merely the receiver of the parents' psychological and spiritual legacy, children function as ushers of the parents' development. Parents unwittingly pass on an inheritance of psychological pain and emotional shallowness. To handle the behavior that results, traditional books on parenting abound with clever techniques for control and quick fixes for dysfunction. In Dr. Shefali Tsabary's conscious approach to parenting, however, children serve as mirrors of their parents' forgotten self. Those willing to look in the mirror have an opportunity to establish a relationship with their own inner state of wholeness. Once they find their way back to their essence, parents enter into communion with their children, shifting away from the traditional parent-to-child "know it all" approach and more towards a mutual parent-with-child relationship. The pillars of the parental ego crumble as the parents awaken to the ability of their children to transport them into a state of presence.

## **Peaceful Parent, Happy Siblings**

NEW YORK TIMES BESTSELLER • The pioneering experts behind *The Whole-Brain Child* and *The Yes Brain* tackle the ultimate parenting challenge: discipline. "A lot of fascinating insights . . . an eye-opener worth reading."—Parents Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, *No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without

causing a scene. Defining the true meaning of the “d” word (to instruct, not to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation. Inside this sanity-saving guide you’ll discover • strategies that help parents identify their own discipline philosophy—and master the best methods to communicate the lessons they are trying to impart • facts on child brain development—and what kind of discipline is most appropriate and constructive at all ages and stages • the way to calmly and lovingly connect with a child—no matter how extreme the behavior—while still setting clear and consistent limits • tips for navigating your child through a tantrum to achieve insight, empathy, and repair • twenty discipline mistakes even the best parents make—and how to stay focused on the principles of whole-brain parenting and discipline techniques Complete with candid stories and playful illustrations that bring the authors’ suggestions to life, No-Drama Discipline shows you how to work with your child’s developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family. Praise for No-Drama Discipline “With lucid, engaging prose accompanied by cartoon illustrations, Siegel and Bryson help parents teach and communicate more effectively.”—Publishers Weekly “Wow! This book grabbed me from the very first page and did not let go.”—Lawrence J. Cohen, Ph.D., author of The Opposite of Worry

## Conscious Parenting

A must-have resource for anyone who lives or works with young kids, with an introduction by Adele Faber, coauthor of How to Talk So Kids Will Listen & Listen So Kids Will Talk, the international mega-bestseller The Boston Globe dubbed “The Parenting Bible.” For over thirty-five years, parents have turned to How to Talk So Kids Will Listen & Listen So Kids Will Talk for its respectful and effective solutions to the unending challenges of raising children. Now, in response to growing demand, Adele’s daughter, Joanna Faber, along with Julie King, tailor How to Talk’s powerful communication skills to children ages two to seven. Faber and King, each a parenting expert in her own right, share their wisdom accumulated over years of conducting How To Talk workshops with parents and a broad variety of professionals. With a lively combination of storytelling, cartoons, and fly-on-the-wall discussions from their workshops, they provide concrete tools and tips that will transform your relationship with the young kids in your life. What do you do with a little kid who...won’t brush her teeth...screams in his car seat...pinches the babyrefuses to eat vegetables...throws books in the libraryruns rampant in the supermarket? Organized according to common challenges and conflicts, this book is an essential emergency first-aid manual of communication strategies, including a chapter that addresses the special needs of children with sensory processing and autism spectrum disorders. This user-friendly guide will empower parents and caregivers of young children to forge rewarding, joyful relationships with terrible two-year-olds, truculent three-year-olds, ferocious four-year-olds, foolhardy five-year-olds, self-centered six-year-olds, and the occasional semi-civilized seven-year-old. And, it will help little kids grow into self-reliant big kids who are cooperative and connected to their parents, teachers, siblings, and peers.

## **How to Talk So Little Kids Will Listen**

Are you ready to take your spiritual practice to the next level and manifest love and joy like you've never experienced before? When we connect to the non-physical presence beyond our visible sight, true miracles happen. Super Attractor is a manifesto for making that connection and marrying your spiritual life with your day-to-day experience. In these pages, you'll learn to: - shift from occasional practising to living a spiritual life every day - create a life filled with purpose, happiness and freedom - release the past and live without fear of the future - tap into the infinite source of abundance, joy and wellbeing that is your birthright - bring more light to your own life and the world around you Super Attractor teaches us how to co-create the life we want, that attracting is fun and that we don't have to work as hard to get what we want. Most importantly, it shows us that when we connect to our intuitive powers, we become a force of love in the world.

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