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Parenting with Heart & Soul: A Parent's Guide to Emotional Freedom with EFT

By Kelly Burch

DragonRising. Paperback. Book Condition: new. BRAND NEW, Parenting with Heart & Soul: A Parent's Guide to Emotional Freedom with EFT, Kelly Burch, In a straightforward and down-to-earth way, Kelly explains concepts of the energy system and why that matters when it comes to the behaviour of children as well as us parents. She explains what emotions are and how to manage them in children. As well as insightful and empowering knowledge, parents are going to love the part of the book which dives lovingly into common areas of difficulty and discusses respectful ways to approach them. Kelly talks about fears, anxieties, sleep, tantrums, and much more. Kelly also includes super-easy energy tools that make light work of mum and dad feeling great, morning, noon and night, as well as tools to support the energy of the entire family. Kelly's open-hearted and relatable anecdotes along the way will remind you that wherever you are at, and whatever philosophies of parenting you subscribe to, there is always opportunity for parenting with your heart and soul.

Reviews

Merely no words to describe. I have got study and i am confident that i am going to planning to go through yet again once again in the foreseeable future. You will like just how the writer compose this publication.

-- Devante Schmitt

Complete guideline! Its this sort of excellent read. I could comprehended every little thing out of this written e publication. Its been designed in an remarkably easy way and it is only right after i finished reading this publication by which really transformed me, affect the way i think.

-- Prof. Shanie Schinner Sr.