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Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

By Daniel J Siegel, Mary Hartzell

BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Dan Siegel and Mary Hartzell have quite deftly managed to translate highly complex neuroscientific and psychological matters into lay strategies for effective parenting. Marilyn B. Benoit, M.D., former president, American Academy of Child Adolescent Psychiatry Parenting from the Inside Out is a must-have for any parent . I gave a friend of mine a copy and she said, This book is changing my life. I like my kids again. Gwyneth Paltrow, Together Siegel and Hartzell delicately peel back the many layers of parenting to reveal the pure nature of the relationship at its core. Neal Halfon, M.D., MPH, professor of pediatrics, UCLA; director, UCLA Center for Healthier Children, Families Communities, and coeditor, Child Rearing in AmericaIn this bestselling classic, child psychiatrist and coauthor of The Whole-Brain Child, Daniel J. Siegel and early childhood expert Mary Hartzell explore the extent to which our childhood experiences shape the way we parent. Illuminating important research in the field of interpersonal neurobiology, Siegel and Hartzell explain how the parent-child relationship directly affects brain development, and offer parents a step-by-step approach to forming a deeper understanding...



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