



The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child (Hardback)

By Dr Daniel J Siegel MD, PH D Tina Payne Bryson Dr

Random House USA Inc, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. From the authors of The Whole-Brain Child and No-Drama Discipline, an indispensable guide to unlocking your child's innate capacity for resilience, compassion, and creativity. When facing challenges, unpleasant tasks, and contentious issues such as homework, screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. Parents can foster their children's ability to say yes to the world and welcome all that life has to offer, even during difficult times. This is what it means to cultivate a Yes Brain. When kids work from a Yes Brain, they're more willing to take chances and explore. They're more curious and imaginative, less worried about making mistakes. They're better at relationships and more flexible and resilient when it comes to handling adversity and big feelings. They work from a clear internal compass that directs their decisions, as well as the...



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