

Secrets of the Baby Whisperer



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“TRACY HOGG HAS GIVEN PARENTS A GREAT GIFT—the ability to develop early insight into their child’s temperament.”

—Los Angeles Family

When Tracy Hogg’s *Secrets of the Baby Whisperer* was first published, it soared onto bestseller lists across the country. Parents everywhere became “whisperers” to their newborns, amazed that they could actually communicate with their baby within weeks of their child’s birth. Tracy gave parents what for some amounted to a miracle: the ability to understand their baby’s every coo and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or just in need of a little TLC. Tracy also dispelled the insidious myth that parents must go sleepless for the first year of a baby’s life—because a happy baby sleeps through the night. Now you too can benefit from Tracy’s more than twenty years’ experience. In this groundbreaking book, she shares simple, accessible programs in which you will learn:

- E.A.S.Y.—how to get baby to eat, play, and sleep on a schedule that will make every member of the household’s life easier and happier.

- S.L.O.W.–how to interpret what your baby is trying to tell you (so you don't try to feed him when he really wants a nap).
- How to identify which type of baby yours is–Angel, Textbook, Touchy, Spirited, or Grumpy–and then learn the best way to interact with that type.
- Tracy's Three Day Magic–how to change any and all bad habits (yours and the baby's) in just three days.

At the heart of Tracy's simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional wisdom, Secrets of the Baby Whisperer promises parents not only a healthier, happier baby but a more relaxed and happy household as well.

作者介绍:

目录:

[Secrets of the Baby Whisperer_下载链接1](#)

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评论

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书评

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