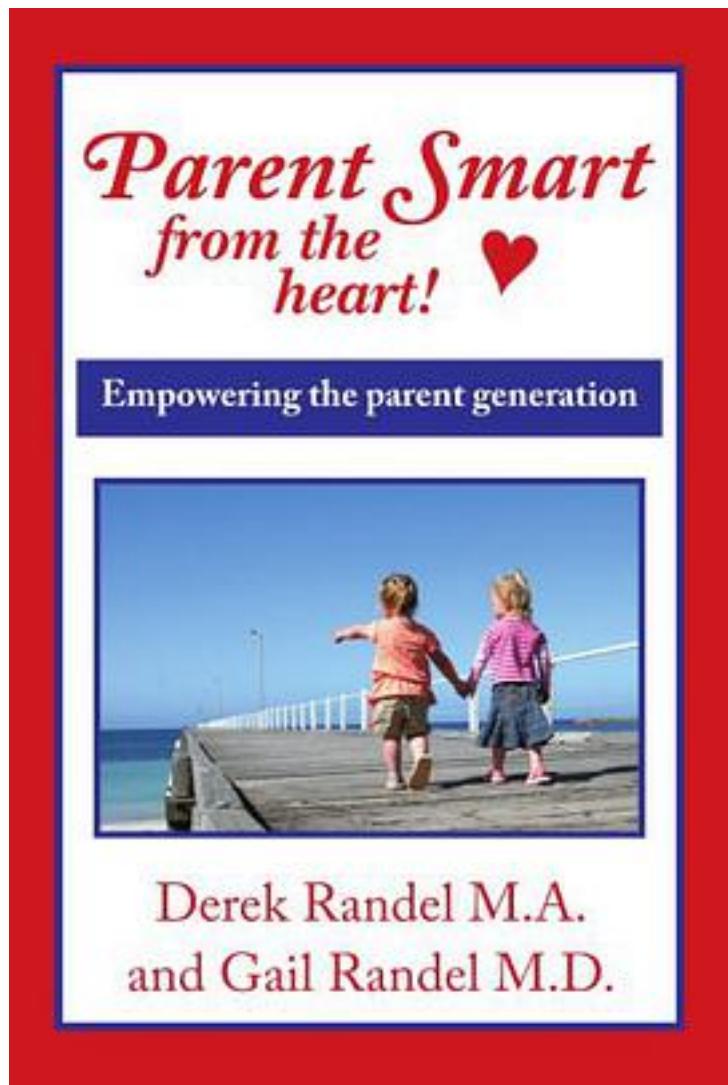


# Parent Smart From The Heart



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One of our goals with this book is to show parents that we do not have to punish our children. Giving consequences does not have to mean punishment. We want to achieve a change in behavior and be able to do this in a fun peaceful way. We will illustrate through stories an easier and more respectful way to parent. Another goal of ours is to help make your life easier. This is addressed by giving numerous suggestions on parenting values, anger, attitude, stress, and setting limits. We offer tools on communication and building self-esteem that will help build your relationship with your children.

作者介绍:

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