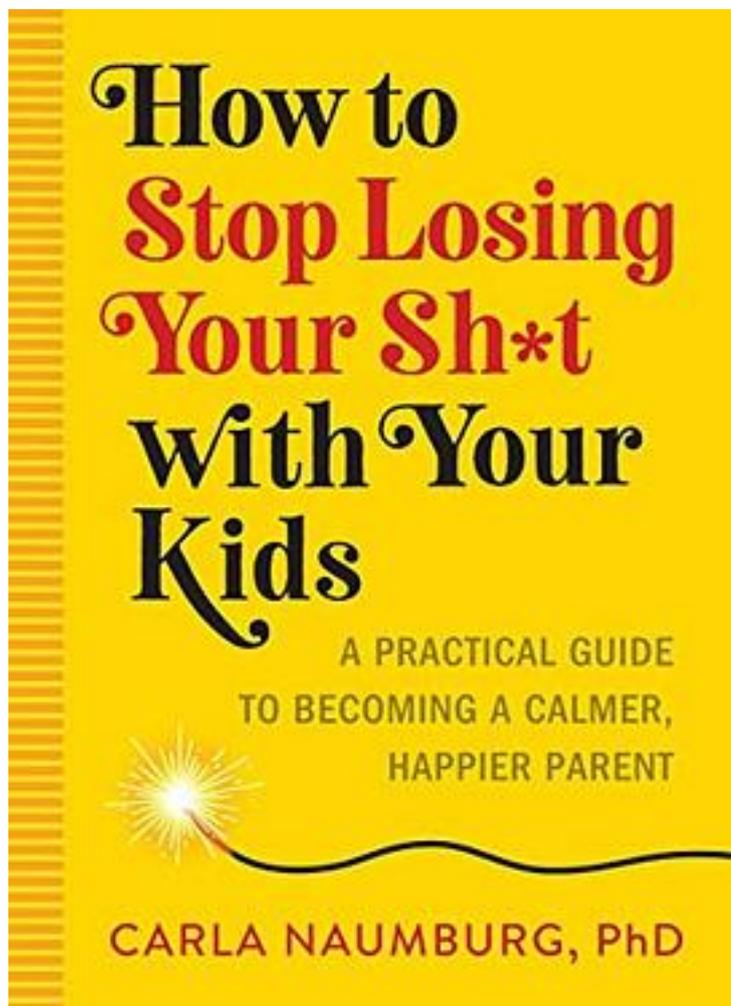


# How to Stop Losing Your Sh\*t With Your Kids: A Guide to Becoming a Calmer, Happier Parent



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Ever yell at your toddler? It's ok—unless you're the Dalai Lama himself, you've lost your sh\*t with your kids because let's face it, parenting is stressful, little kids are insane, and you're only human. As The New York Times recently wrote, “shouting is the new spanking,” and just as we learned to stop spanking, we can actually learn to stop shouting. Carla Naumberg, an expert social worker with a Ph.D. in clinical psychology, was so at a loss that she found herself Googling “how to stop shouting at my kids” during a particularly grueling afternoon. That moment led to this book—a short, empathetic, insight-packed and tip-filled program for how to avoid the triggers, stop the meltdowns, and achieve the promise of being calmer, happier parent with calmer, happier kids. Based on cutting-edge brain science and the psychology of triggers, habit change, emotional intelligence, and mindfulness—but written in a warm, funny, instantly relatable tone of a parent on the edge—How to Stop Losing Your Sh\*T takes readers through the steps of what happens when our buttons are pushed and how to turn that cycle around; how we can use the tools of self-care to give ourselves needed control, including the overlooked importance of simply getting enough sleep; and how to employ strategies like stretching, slowing down, stepping away, and remaining silent to avoid toxic explosions. She explains why losing it is such a problem—it fills parents with regret, jacks up their cortisol, makes them doubt their parenting abilities, and spreads a wave of anxiety and fear to the kids at the receiving end, all while modeling exactly the out-of-control behavior that parents are reacting to in the first place. So enough! Instead of yelling start reading. Everyone will be grateful you did—particularly you.

作者介绍:

目录:

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