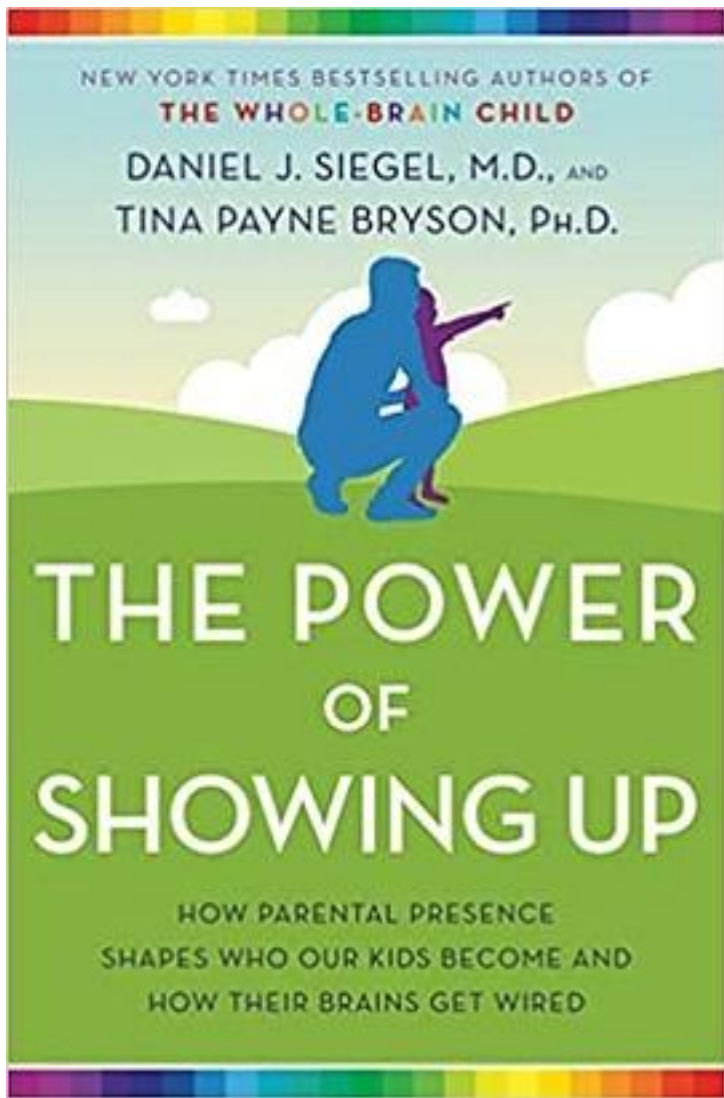


The Power of Showing Up



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Based on the latest brain and attachment research, *The Power of Showing Up* shares stories, scripts, simple strategies, illustrations, and tips for honoring the Four S's effectively in all kinds of situations—when our kids are struggling or when they are enjoying success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we don't show up for them. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape.

作者介绍:

Daniel J. Siegel, M.D., is a clinical professor of psychiatry at the David Geffen School of Medicine at UCLA, the founding co-director of the UCLA Mindful Awareness Research Center, and the executive director of the Mindsight Institute. A graduate of Harvard Medical School, Dr. Siegel is the author of several books, including the New York Times bestsellers *Aware* and *Brainstorm*, and is the co-author with Tina Payne Bryson of *The Whole-Brain Child*, *No-Drama Discipline*, and *The Yes Brain*. He lives in Los Angeles with his wife, with welcome visits from their adult son and daughter.

Tina Payne Bryson, Ph.D., is the founder and executive director of the Center for Connection, a multidisciplinary clinical practice, and of the Play Strong Institute, a center devoted to the study, research, and practice of play therapy through a neurodevelopmental lens. She is a licensed clinical social worker, providing pediatric and adolescent psychotherapy and parenting consultations. Dr. Bryson keynotes conferences and conducts workshops for parents, educators, clinicians, and industry leaders around the world. She earned her Ph.D. from the University of Southern California and lives in Los Angeles with her husband and three children.

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