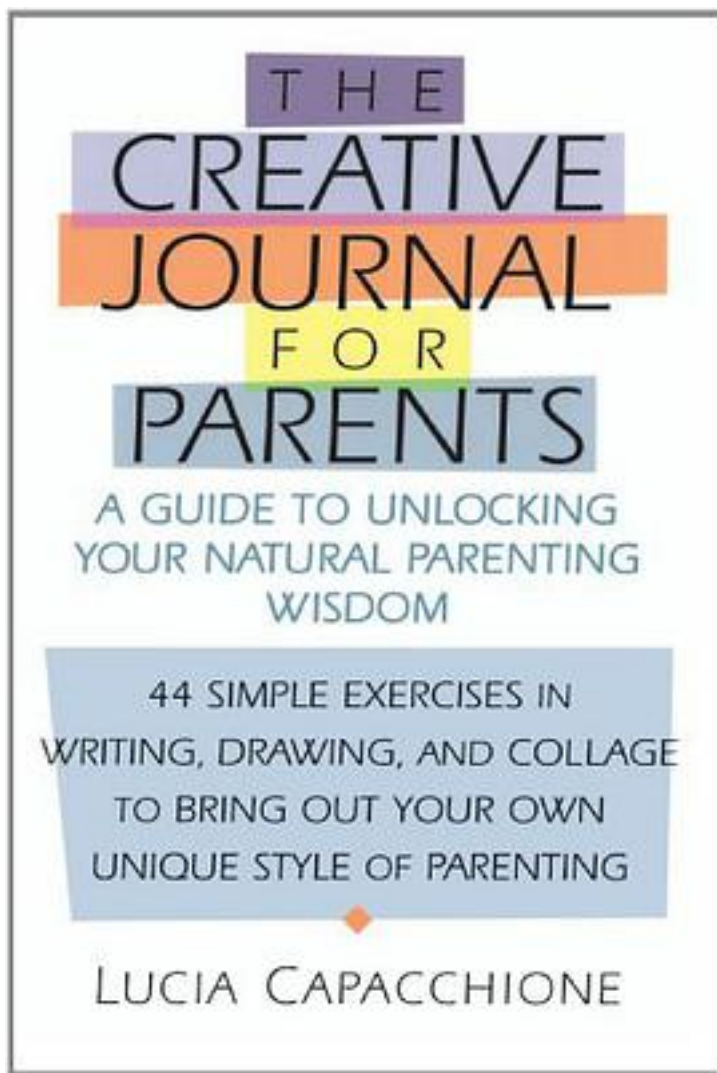


The Creative Journal for Parents



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著者:Capacchione, Lucia

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"It's important to embrace parenting with all your might," writes Lucia Capacchione, "in order to reap the deepest rewards available to you." But with so many theories, methods, and opinions about raising children, how can we find our own way of parenting? Her answer: By accessing the inherent wisdom and guidance within ourselves to find out what we really value, what dreams and aspirations we hold, what our individual parenting styles are. The Creative Journal for Parents shows us how.

Capacchione's book applies her popular creative journaling method of self-discovery to every stage of parenting: preparation, birth or adoption, early childhood, and all the way through the teenage years. Using journal writing and drawing—including her pioneering use of the non-dominant hand to access intuitive, breakthrough, right brain thinking—she takes us through simple, enjoyable exercises like "Wanted: My Kind of Parent" and "The Inner Child Answers Back." Parents and prospective parents alike will learn to get in touch with true feelings and needs, articulate core beliefs and values, learn to reframe negative experiences, and celebrate their relationships—present and future—with their children.

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