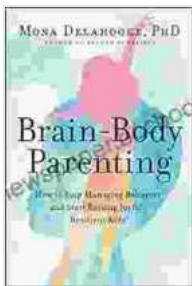


# How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids

Are you tired of feeling like you're constantly managing your children's behavior? Do you wish you could have a more peaceful and joyful home life? If so, then this book is for you.



## Brain-Body Parenting: How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids by Mona Delahooke

★★★★☆ 4.8 out of 5

Language	: English
File size	: 3752 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 352 pages



In *How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids*, author Dr. Jane Nelsen provides parents with a practical and proven approach to raising children who are self-disciplined, responsible, and happy.

Dr. Nelsen's approach is based on the principles of Positive Discipline, which is a research-based approach to parenting that focuses on teaching children how to behave in a positive and responsible way. Positive

Discipline is not about punishment or rewards, but rather about helping children to develop the skills they need to be successful in life.

In this book, Dr. Nelsen provides parents with a step-by-step guide to implementing Positive Discipline in their own homes. She covers everything from how to set limits and boundaries to how to deal with tantrums and other challenging behaviors.

Dr. Nelsen's approach is not only effective, but it is also respectful of children. She believes that children are capable of learning and growing, and she provides parents with the tools they need to help their children reach their full potential.

If you are ready to create a more peaceful and joyful home life, then I encourage you to read *How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids*. This book will change the way you parent, and it will change your life.

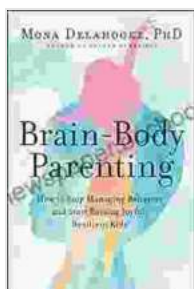
**Here are some of the things you will learn in this book:**

\* How to set limits and boundaries that are clear, consistent, and respectful of children \* How to deal with tantrums and other challenging behaviors in a positive and effective way \* How to teach children how to solve problems and make good decisions \* How to build a strong and loving relationship with your children \* How to create a home environment that is positive, supportive, and respectful

If you are ready to raise joyful, resilient kids, then Free Download your copy of *How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids* today.

## About the Author

Dr. Jane Nelsen is a world-renowned parenting expert and the author of over 20 books on parenting and child development. She is the founder of Positive Discipline, a research-based approach to parenting that focuses on teaching children how to behave in a positive and responsible way. Dr. Nelsen's work has been translated into over 30 languages and has helped millions of parents around the world to raise happy, healthy, and successful children.

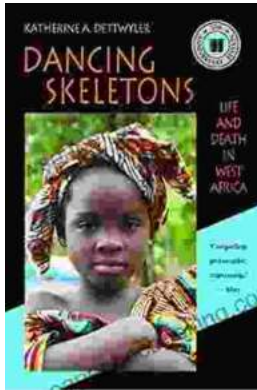


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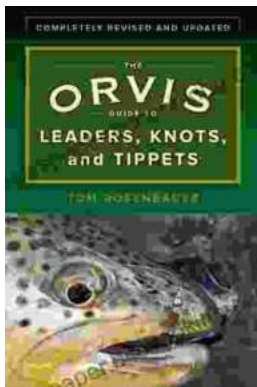
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