





you'll love *Difficult Mothers, Adult Daughters* Difficult mother? The best news on the planet is that your mother doesn't have to change in order for you to be happy. In fact, author Karen C.L. Anderson will take it a step further and say, your difficult mother doesn't have to change in order for you to be free, peaceful, content, and joyful. Narcissistic mother? You can emotionally separate without guilt. Inspired by her own journey, Anderson's *Difficult Mothers, Adult Daughters* shows women how to emotionally separate from their difficult mothers without guilt and anxiety, so they can finally create a life based on their own values, desires, needs, and preferences. Learn through the experiences of others: The book is filled with personal stories and experiences, practical tools, and journal prompts that can be used now to feel better. Anderson compassionately leads women struggling in their relationships with their difficult mothers through a process of self-awareness and understanding. Karen's experience with hundreds of women has resulted in cases of profound growth and transformation. Funny and compassionate: This book is about Karen discovering and accepting the whole of who she is (separate from her mother), and making her discoveries accessible to women struggling to redefine their challenging relationships with their mothers. Her writing is relatable, real, funny, and compassionate. What you'll learn inside this book: Why mothers and daughters can have difficult relationships How to heal and transform your mother "wounds" How to tell your stories in a way that empowers How to handle the uncomfortable emotions that seem inevitable The art of creating, articulating, and maintaining impeccable boundaries How to stop "shouldering" How to "re-mother" yourself and acknowledge, honor, and meet your needs

Book 1 There are exalted and higher purposes to parenting. Why is the Creation interested in partnering with you in parenting and in your child? What is routine parenting? What is non-existing parenting? How to avoid negative parenting, hyper parenting or blind parenting? How not to feel the stress of parenting? What is special about 21st century parenting? Become the conscious and mindful parents. All explained wonderfully. There are plenty of real-life examples. Book is filled with stories which make you understand spiritual and practical aspects of parenting and motivate yourself to take the higher path of parenting. There is a lot of parenting the parent! Book 2 This is for parents as well as for children of 12 and beyond. The parents can break the book by simply splitting the book at the end of book 1 and lo and behold! The book 2 of 130 pages is ready for children. If you already have children who are beyond 12 years, you can spiral bind book 2 separately and give it to them. There is a separate cover page for book Exclusive and Unmissables in these 2 in 1 Book: 1. Exclusive 7 stages of parenting 2. 9 point charter of parents' daily blessings for children. The best gift you can give your children is to constantly bless them. Instead of getting very anxious with some concern, just keep BLESSING them. You will not even be aware how powerful your blessings can be. They truly work wonders and miracles happen 3. Exclusive meditation tips for children 4. Develop 3D memory with few minutes daily practice 5. Wonderful sets of practical and doable tips for parents and separately for children 6. Special 15 point attributes for building the profile of the child 7. Two separate list of more than hundred tips to empower parents and children 8. Food for soul – 24 soul stirring and motivational bedtime stories

In *Pungent Boundaries*, the fourth volume of her *Love Potions for Healthy Relationships* series, Nancy Landrum uses many descriptions and examples to clarify the sometimes confusing topic of codependency and boundary setting. Nancy's life experience uniquely qualifies her to educate others about the concepts and pitfalls of setting healthy boundaries. If you're tired of feeling resentful, exhausted from trying to figure







Giving creative voice to “real-self expression” requires our establishing true communication with a deeper consciousness within us — a turning inward to capture and seize the thoughts, experiences, emotions, and myriad of memories that reside inside our mind — to push beyond the limitation of words and to stand in the spaces between what may seem to be inharmonious aspects of our self to find synchrony. This is the gift of our psychic symphony. The only question is one of what we will compose. Sherron Lewis and Shelley Stokes The authors, Shelley Stokes, Ph.D. and Sherron Lewis, LMFT, have been pursuing a conceptual, clinical and experiential exploration of the many dimensions and phenomena contained in the human struggles inherent in knowing, being, expressing and living as an expression of SELF that is more REAL and less a manifestation of distorting, inhibiting, fear inducing and submissiveness to accommodate to the perceived demands and expectations of external forces and emotionally important relationships. In this, their latest effort in this endeavor, they continue to employ a methodology that includes clinical theoretical formulations, neuropsychological findings, poetic and philosophical offerings, spiritual references, clinical therapeutic vignettes, and personal reflections. Throughout their writings, Lewis and Stokes, creatively share aspects of their own personal explorations and reflections on their journeys to greater self-authenticity and freedom of expressions of the self. In fact, it is through their use of personal self-disclosures, that they offer the reader a form of interpersonal experiential intimacy in teaching and encouraging the same in the reader’s journey of self-discovering and expression, thus making accessible to the reader, especially the non-clinical professionals, a greater access to integrated knowing through concepts, emotions, reflections and experiences. Through this unique approach, the authors engage in a powerful means of communication by inviting the reader to personally engage in the demanding, complex, exciting, energizing and releasing effort to get beyond habitual ways of being in finding, creating and expressing that which has been waiting to be brought to greater fruition in REAL-SELF expression. Errol F. Leifer, PhD., ABPP ABN FABN Sherron Lewis is a licensed marriage and family therapist in private practice in Northern California. She specializes in individual and interpersonal conflict and personal development. Her theoretical orientation is a blend of psychodynamic, attachment, and family systems theories. She has enjoyed conducting many workshops on a variety of topics relating to parenting, shame, and real self-expression. The focal areas of her practice are: individual, couples, and family therapy, multilevel intervention, and clinical consultation. She also has enjoyed being a freelance artist for the past thirty-five years. Shelley Stokes is a clinical psychologist in private practice in Northern California. He received his certification in psychoanalytic psychotherapy from the Masterson Institute in 1994 and has had a long-standing practice treating adults and families. He has conducted many workshops and taught extensively on a variety of topics related to understanding and treating disorders of the self. In addition to coauthoring three recent books with Sherron, his other writings have included Disorders of the Self: Advances in Diagnosis and Treatment of Borderline Personality Organization, Non-Pathologic Object Use in the Process of Therapeutic Change: Winnicott Revisited, and The Culturally Different Patient in Psychoanalytic Psychotherapy.

No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child’s Developing Mind (2014) by psychotherapists Daniel J. Siegel and Tina Payne Bryson explains how parents can diminish disorder while strengthening their

child's brain. The authors' approach to discipline, based on the latest in neuroscience at the time of publication, enables parents to turn meltdowns, temper tantrums, and everyday frustrations into teachable moments that strengthen the parent-child relationship while increasing cooperation and emotional resilience... Purchase this in-depth summary to learn more.

"A much-needed practical guide designed to support parents and education professionals in developing social and emotional skills in children, a form of learning that is often neglected in formal education"--

Today, we are democratic parent and we love and care for our children. But unknowingly we make so many blunders that affect our child's whole life. How you are as a parent will be decided by how you were parented. The focus of parenting is the child, and yet nobody talks about the other two generations involved in this process—you and your parents. This book suggests ways to introspect your parenting skills. It informs you about the effect of unconscious parenting and provides solutions. It suggests doable techniques to becoming a conscious parent by letting go of control of your child to make him/her self-motivated and taking responsibility for his/her life. At the same time, it presents innovative methods to guide children to embrace their authenticity and choose their path. Parenting is all about loving yourself first and being free by setting healthy boundaries in your relationships. This book suggests methods to resolve your childhood issues and realise your potential, thus enabling your child to achieve his/her potential. Though many children have the potential they lack the will and confidence to realise their dreams This book will give you tips to help your child protect him/herself from these negative influences. Through my experiences of growth from unconscious parenting to conscious parenting, this book is a guide to being a better parent.

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Conscious Parenting Course by Nataša Pantovi? (MSc Economics) and Ivana Milosavljevi? (MA Special Needs) is the AoL Mindfulness Bok #5 designed for parents. We use 100s of Transformation Tools and Parenting Exercises that will help you get in touch with your Soul, with Love, and with Patience when dealing with kids. Explore the magic work with: Soul's Diary, Spiritual Parenting Diary, Developing Parenting Virtues, Mindfulness Meditations, Rhythm, Day-to-day Routine, Happy Family Structure, Cultivating Relationships, etc. Within 12 Modules we examine 12 areas of Life and Implement various Transformation Tools to help you Live your Highest Potential as a Parent. You will explore some very inspiring Conscious Parenting Exercises exploring mind powers, subconscious and conscious thoughts, emotions, relationships. We look into parenting goals, dreams, and personal development plan. All through the exercises, we hope to inspire: - Your relationship with yourself as a parent and the world, - Your capability to Love, Be Organised, and Respect Rhythm and Structure - Your capacity to stay a Creative Parent that is Full of Energy.

Our children can be our greatest teachers. Parenting expert Susan Stiffelman writes that the very behaviors that push our buttons — refusing to cooperate or ignoring our requests — can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, Parenting with Presence teaches us how to become the parents we most want to be while raising confident, caring children.

