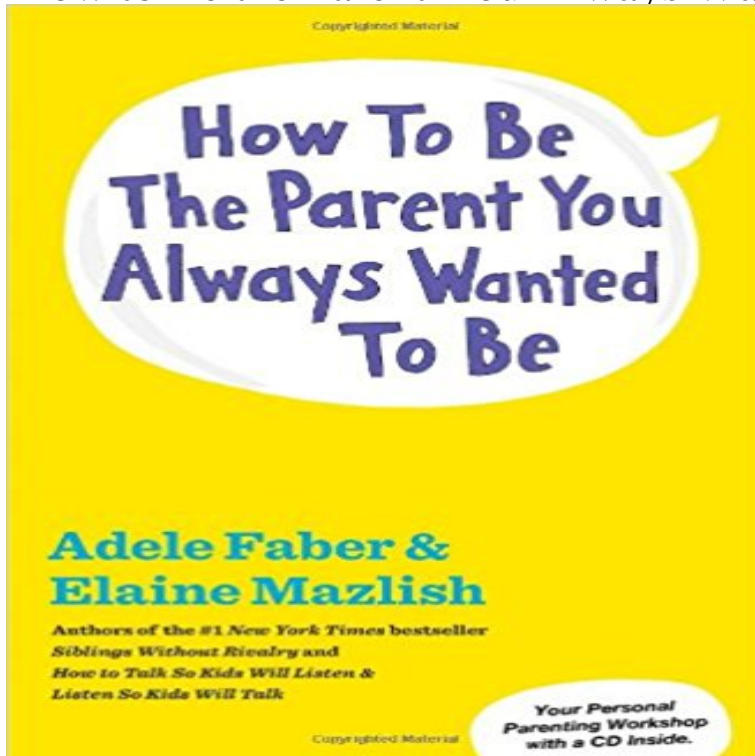


How to Be the Parent You Always Wanted to Be



From the #1 New York Times bestselling authors of *How To Talk So Kids Will Listen & Listen So Kids Will Talk* and *Siblings Without Rivalry*, a new edition of the timeless paperback and audio guide that provides parents with need-to-know basics about how to communicate effectively with their children now with additional material and workbook exercises. Adele Faber and Elaine Mazlish's down-to-earth, respectful approach to parenting has improved the lives of countless families throughout the world. Now, the authors' wisdom and advice are collected in this concise new edition of *How to Be the Parent You Always Wanted to Be*, an essential workbook and audio guide to their widely embraced and empowering methods of parenting uniquely designed for busy parents on the go. Faber and Mazlish address the struggles parents face every day. By listening to this recording and doing the workbook exercises, you'll learn how to: Deal with your children's strong emotions. Set firm limits and still maintain goodwill. Express your angry feelings without being hurtful. Engage your children's cooperation. Resolve family conflicts peacefully. Loaded with real-life stories, delightful cartoons, and answers to commonly asked questions, this new multimedia edition demonstrates simple, proven skills that can make relationships with children of all ages less stressful and more rewarding.

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