

Calm Your Reactive Emotions And Respond With Less Frustration To Raise Happy

Do you find yourself getting frustrated and angry when your child misbehaves? Do you feel like you're always yelling and punishing, but it's not working? If so, you're not alone. Millions of parents struggle with raising happy, well-behaved children. But there is hope.



Anger Management for Parents: Calm Your Reactive Emotions and Respond with Less Frustration to Raise Happy and Healthy Kids! by Kara Lawrence

★★★★☆ 4.7 out of 5

Language : English
File size : 868 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 245 pages
Lending : Enabled
Screen Reader : Supported



In her book, *Calm Your Reactive Emotions And Respond With Less Frustration To Raise Happy*, Dr. Laura Markham offers a step-by-step guide to help parents understand their own emotions and reactions, and to develop the skills they need to respond to their children in a calm and effective way.

Dr. Markham's approach is based on the latest research in child development and neuroscience. She explains that when parents react to their children's misbehavior with anger or frustration, it only makes the situation worse. Instead, parents need to learn how to stay calm and regulate their own emotions so that they can respond to their children in a way that is helpful and constructive.

Calm Your Reactive Emotions And Respond With Less Frustration To Raise Happy is a practical guide that is full of helpful tips and strategies. Dr. Markham provides parents with the tools they need to:

- Understand their own emotions and triggers
- Stay calm and regulated when they're feeling stressed
- Respond to their children's misbehavior in a way that is helpful and constructive
- Build a strong and positive relationship with their children

If you're a parent who is struggling to raise happy, well-behaved children, then *Calm Your Reactive Emotions And Respond With Less Frustration To Raise Happy* is the book for you. Dr. Markham's approach is based on the latest research in child development and neuroscience, and it is a proven method for helping parents to create a more positive and fulfilling relationship with their children.

About the Author

Dr. Laura Markham is a clinical psychologist and the author of several books on parenting, including *Peaceful Parent, Happy Kids* and *The Peaceful Parent, Happy Siblings*. She is a regular contributor to the

Huffington Post and Psychology Today, and her work has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and The Today Show.

Dr. Markham is a passionate advocate for parents, and she is dedicated to helping them raise happy, healthy children. She believes that all parents have the potential to be great parents, and she is committed to providing them with the tools and support they need to succeed.

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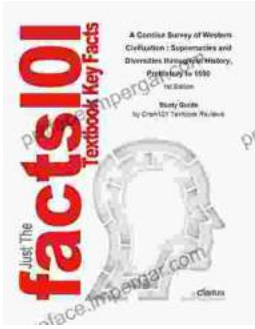


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