
Online Library Screamfree Parenting The Revolutionary Approach To Raising Your Kids By Keeping Cool Hal Edward Runkel

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KEY=RAISING - LEVY BALLARD

Screamfree Parenting

The Revolutionary Approach to Raising Your Kids Without Losing Your Cool

Broadway Introduces a practical approach to parenting that explains how to overcome the stresses and anxieties of parenting by learning how to relate to children in a calm, cool, and connected way.

ScreamFree Parenting

The Revolutionary Approach to Raising Your Kids by Keeping Your Cool

Waterbrook Press A family therapist introduces a practical, effective approach to parenting that explains how to overcome the stresses and anxieties of parenting by learning how to relate to children in a calm, cool, and connected way, emphasizing the need for privacy for every member of the family, how to respect a child's choices and opinions, and how to set new patterns of cooperation and connection. Reprint. 60,000 first printing.

Screamfree Parenting

The Revolutionary Approach to Raising Your Kids by Keeping Your Cool

Harmony Introduces a practical approach to parenting that explains how to overcome the stresses and anxieties of parenting by learning how to relate to children in a calm, cool, and connected way.

ScreamFree Marriage

Calming Down, Growing Up, and Getting Closer

Harmony Through the best-selling ScreamFree Parenting, Hal Runkel showed thousands of parents how keeping their cool can revolutionize their family life. In his groundbreaking new book, ScreamFree Marriage, Runkel now shows couples how learning to stay calm, in the face of common marital conflicts, is the key to creating and enjoying a deep, lifelong connection. Every committed couple strives to hold on to the marriage they envisioned back when they first said "I do"--before the end of the honeymoon phase, before kids, mortgages, health crises, and all life's inescapable issues. But the truth is this: conflict is unavoidable--it's impossible for two people to see every single thing, face every issue, and experience every situation in exactly the same way. What results are couples "screaming" at each other--sometimes literally yelling out loud, sometimes shutting themselves down and shutting their partners out, and sometimes avoiding the issue altogether--none of which leads to the passionate, intimate connection we all crave. In ScreamFree Marriage, Hal introduces some radical new concepts about marriage, teaching couples how to embrace this inevitable conflict as a profound vehicle for strengthening a marriage. Rather than just a source of pain and disagreement, these "Fires of Commitment," as Hal describes them, can actually be the exact experience needed to grow couples into new levels of maturity and intimacy. By simply learning the ScreamFree formula of Calming Down, Growing Up, and Getting Closer, you too can cross through these fires and end up with a closer and more passionate marriage than ever before. Using accessible anecdotes and the disarming humor that readers have come to love, Runkel disproves prevailing marital wisdom, puts couples on a path to "intimate independence" and reveals a whole new, fresh approach to marriage.

The Self-Centered Marriage

The Revolutionary Scream-Free Approach to Rebuilding Your "We" by Reclaiming Your "I"

Harmony The author of ScreamFree Parenting counsels couples on how to maintain calm in the face of conflict, offering anecdotal insight into such topics as taking responsibility only for oneself, staying committed and addressing common issues. Reprint.

If I Have to Tell You One More Time...

The Revolutionary Program That Gets Your Kids To Listen Without Nagging, Reminding, Or Yelling

TarcherPerigee Draws on the author's Positive Parenting Solutions online course to explain how to correct negative behaviors in children, introducing the psychological theories of Alfred Adler on using empowerment to promote healthy child development.

Top Secret! What 100 Brave Critics Say about Screamfree Parenting

The Revolutionary Approach to Raising Your Kids by Keeping Your Cool

Lennex In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "ScreamFree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

Choose Your Own Adulthood

A Small Book about the Small Choices that Make the Biggest Difference

Greenleaf Book Group Congratulations, reader! You've successfully navigated through the trials of childhood and adolescence. Now, as you voyage through high school to college and beyond, you're set to begin your next big adventure: adulthood. A few big decisions await you, from majors and minors to jobs and careers (and maybe even marriage!). However, in between the big ones, you'll make a million other smaller, subtler choices that will underpin everything from your friendships to your bank account. These are the daily choices that will truly define you . . . so how will you choose? Choose Your Own Adulthood helps you approach these choices from a more thoughtful, curious, and ultimately self-aware perspective. You'll learn why responding is so much better than reacting, how loyalty is really overrated, which risks are worth taking and which are best avoided, and so much more. Exciting things await you on your journey toward adulthood: which path you take is for you to decide. Choose wisely!

Screamfree Parenting

Raising Your Kids by Keeping Your Cool

ScreamFree Living Turns out, that's exactly what they need.

Discipline Without Distress

135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery

Professional Parenting Discipline that you and your child will feel good about! At last, a positive discipline book that is chock-full of practical tips, strategies, skills, and ideas for parents of babies through teenagers, and tells you EXACTLY what to do "in the moment" for every type of behavior, from whining to web surfing. Parents and children today face very different challenges from those faced by the previous generation. Today's children play not only in the sandbox down the street, but also in the World Wide Web, which is too big and complex for parents to control and supervise. As young as age four, your children can contact the world, and the world can contact them. A strong bond between you and your child is critical in order for your child to regard you as their trusted advisor. Traditional discipline methods no longer work with today's children, and they destroy your ability to influence your increasingly vulnerable children who need you as their lifeline! Spanking and time-outs do not work. You need new discipline tools! Help your child gain: · Strong communication skills for school, career, and relationship success. · Healthy self-esteem, confidence, and greater emotional intelligence. · Assertiveness, empathy, problem-solving, and anger-management skills. · A respectful, loving connection with you! You will gain: · An end to resentment, frustration, anger, tears, and defiance in your parent-child relationship. · Tools to respectfully handle most modern challenging parenting situations, including biting, hitting, tantrums, bedtimes, picky eating, chores, homework, sibling wars, smoking, "attitude," and video/computer games. · Help for controlling your anger "in the moment" during those trying times. · A loving, respectful, teaching and fun connection with your child! "Offers a wealth of ideas and suggestions for raising children without the use of punishment of any kind." Linda Adams, President and CEO of P.E.T. Parent Effectiveness Training and Gordon Training International "The world is in desperate need of gentle, caring discipline techniques. Judy Arnall has created a wonderful, nurturing guide that all parents can benefit from." Elizabeth Pantley, Author of The No-Cry Solution series of books. "Parents always prefer to be loving but often don't know how. Arnall's book debunks all the old beliefs about discipline through painful measures such as punishment, consequences or bribes and provides far more effective and kind ways to raise well behaved and thriving children." Naomi Aldort, Ph.D., Author of Raising Our Children, Raising Ourselves BONUS! 50-page quick reference tool guide included

Raising Good Humans

A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids

New Harbinger Publications "A wise and fresh approach to mindful parenting." —Tara Brach, author of Radical Acceptance A kinder, more compassionate world starts with kind and compassionate kids. In Raising Good Humans, you'll find powerful and practical strategies to break free from "reactive parenting" habits and raise kind, cooperative, and confident kids. Whether you're running late for school, trying to get your child to eat their vegetables, or dealing with an epic meltdown in the checkout line at a grocery store—being a parent is hard work! And, as parents, many of us react in times of stress without thinking—often by yelling. But what if, instead of always reacting on autopilot, you could respond thoughtfully in those moments, keep your cool, and get from A to B on time and in one piece? With this book, you'll find powerful mindfulness skills for calming your own stress response when difficult emotions arise. You'll also discover strategies for cultivating respectful communication, effective conflict resolution, and reflective listening. In the process, you'll learn to examine your own unhelpful patterns and ingrained reactions that reflect the generational habits shaped by your parents, so you can break the cycle and respond to your children in more skillful ways. When children experience a parent reacting with kindness and patience, they learn to act with kindness as well—thereby altering generational patterns for a kinder, more compassionate future. With this essential guide, you'll see how changing your own "autopilot reactions" can create a lasting positive impact, not just for your kids, but for generations to come. An essential, must-read for all parents—now more than ever. "To raise the children we hope to raise, we have to learn to become the person we hoped to be.... This wonderful book will help you handle the ride." —KJ Dell'Antonia, author of How to Be a Happier Parent "Hunter Clarke-Fields shares her wisdom and personal experience to help parents create peaceful families." —Joanna Faber and Julie King, coauthors of How to Talk So Little Kids Will Listen

Parenting Your Out-of-Control Teenager

7 Steps to Reestablish Authority and Reclaim Love

St. Martin's Press Every teenager rebels against authority at some point--talks back, breaks curfew, or disobeys. But literally millions of teens take their rebellion to a point where it disrupts their families and endangers their own futures or even their lives. If one of these teens is yours, you've probably lived through years of conflicting advice and pat solutions that don't last. Finally, this breakthrough guide from a master therapist will show you the seven steps to positive, permanent change for you and your teenager: 1. Learn the real reasons for teen misbehavior. 2. Make an ironclad contract to stop that behavior. 3. Troubleshoot future problems. 4. End button-pushing. 5. Stop the "seven aces" -- from disrespect to threats of violence. 6. Mobilize outside help. 7. Reclaim lost love within the family. Clear, compassionate, and packed with real-life solutions to real-life problems, Parenting Your Out-of-Control Teenager gives parents the tools they need to turn their families' lives around for good.

Getting There

A Book of Mentors

Abrams "The highest achievers share some of their lowest moments, and there is much wisdom to be gained from those struggles. Captivating, thought-provoking." —David Faber, CNBC The path to success is rarely easy or direct, and good mentors are hard to find. In Getting There, thirty leaders in diverse fields share their secrets to navigating the rocky road to the top. In an honest, direct, and engaging way, these role models describe the obstacles they faced, the setbacks they endured, and the vital lessons they learned. They dispense not only essential and practical career advice, but also priceless wisdom applicable to life in general. Getting There is for everyone—from students contemplating their futures to the vast majority of us facing challenges or seeking to reach our potential. "Kudos to Gillian Zoe Segal for assembling this remarkable group of visionaries and helping them all tell their stories without filters or false bravado. Getting There is both empowering and illuminating." —Piper Kerman, New York Times bestselling author of Orange Is the New Black "Life-changing, real-world advice." —Vanity Fair "Reading Getting There is like having an intimate, one-on-one talk with some of the world's most fascinating and accomplished people. You will be taken aback by their honesty, entertained by their anecdotes, and, most of all, learn invaluable lessons about both business and life. This book is fantastic—you will not be able to put it down!" —JJ Ramberg, bestselling author of It's Your Business "Somehow, Gillian Zoe Segal has gotten these leaders to share their stories in a unique, authentic, and revealing way." —Robert Steven Kaplan, former president and CEO of the Federal Reserve Bank of Dallas

10 Mindful Minutes

Giving Our Children--and Ourselves--the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happy Lives

Penguin "Goldie Hawn embodies delight and joy, and 10 Mindful Minutes radiates these. Her book can help any adult-parent, grandparent, teacher-make double use of their moments with the children they love and have a terrific time while helping shape that child's brain for a lifetime of resilience and happiness." -Daniel Goleman, author of Emotional Intelligence Across the country, the revolutionary MindUP program, which was developed under the auspices of the Hawn Foundation, established by Goldie Hawn, is teaching children vital social and emotional skills. By understanding how their brains work, children discover where their emotions come from and become more self-aware. They learn to appreciate the sensory aspects of their lives and to value the positive effects of mindfulness, compassion, and kindness. This, in turn, empowers them to manage and reduce their own stress-and helps them be happy. Those who have seen the remarkable effects of this program have been eager to learn how to implement it in their own homes and use its practices for themselves, too. Now, for the first time, its secrets are being shared with all parents and children in 10 Mindful Minutes.

Hidden Figures Teaching Guide

Teaching Guide and Sample Chapter

HarperCollins We know that teachers are always looking for new and inspiring books to assign to their students. To help you decide if Margot Lee Shetterly's *Hidden Figures* is right for your classroom, we've created this special e-book that contains a teaching guide and sample chapters. *Hidden Figures* has already been adopted as a common book on campuses across the country, and it has been assigned as required reading in high school and college courses on a variety of subjects—from history, math, and science to composition and women's studies.

The 10 Habits of Happy Mothers

Reclaiming Our Passion, Purpose, and Sanity

Ballantine Books The author of *Strong Fathers, Strong Daughters* counsels mothers struggling with anxiety, low self-esteem and other common issues on how to embrace more positive habits, using inspirational stories and specific action plans based on living simply and rebalancing.

Diaper-Free Before 3

The Healthier Way to Toilet Train and Help Your Child Out of Diapers Sooner

Harmony A pediatrician draws on her medical expertise and her personal experiences as a mother to tout the health benefits of early toilet training, explaining how to incorporate the potty into a child's routine as early as possible and offering helpful advice on bedwetting, accidents, special-needs children, day care, and more. Original. 15,000 first printing.

"Bloop, Bloop!" Goes the Poop

A boy learns to listen to his body to know when it is time to use the toilet.

How to Talk So Kids Will Listen & Listen So Kids Will Talk

Harper Collins The twentieth anniversary edition of the best-selling parenting guide includes updated information as well as the practical, sensible advice that made the book a classic to begin with. Original. 44,000 first printing.

Peaceful Parent, Happy Kids

How to Stop Yelling and Start Connecting

Penguin A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right "consequence," look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

The Seven Principles for Making Marriage Work

Harmony Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

Ignore It!

How Selectively Looking the Other Way Can Decrease Behavioral Problems and Increase Parenting Satisfaction

Penguin This book teaches frustrated, stressed-out parents that selectively ignoring certain behaviors can actually inspire positive changes in their kids. With all the whining, complaining, begging, and negotiating, parenting can seem more like a chore than a pleasure. Dr. Catherine Pearlman, syndicated columnist and one of America's leading parenting experts, has a simple yet revolutionary solution: Ignore It! Dr. Pearlman's four-step process returns the joy to child rearing. Combining highly effective strategies with time-tested approaches, she teaches parents when to selectively look the other way to withdraw reinforcement for undesirable behaviors. Too often we find ourselves bargaining, debating, arguing and pleading with kids. Instead of improved behavior parents are ensuring that the behavior will not only continue but often get worse. When children receive no attention or reward for misbehavior, they realize their ways of acting are ineffective and cease doing it. Using proven strategies supported by research, this book shows parents how to: - Avoid engaging in a power struggle - Stop using attention as a reward for misbehavior - Use effective behavior modification techniques to diminish and often eliminate problem behaviors Overflowing with wisdom, tips, scenarios, frequently asked questions, and a lot of encouragement, *Ignore It!* is the parenting program that promises to return bliss to the lives of exasperated parents.

Connection Parenting

Parenting Through Connection Instead of Coercion, Through Love Instead of Fear

Wyatt-Mackenzie Pub "Connection Parenting" is based on author Pam Leo's seven week parenting series, "Meeting the Needs of Children," that she has been teaching for over sixteen years. The premise is that a strong parent-child bond is the key to children's optimal human development and our most effective parenting tool. Connection Parenting is a proactive approach to parenting that supports parents and caregivers in creating and maintaining the strong bonds children need to thrive.

Personality Plus for Parents

Understanding What Makes Your Child Tick

Revell How can you improve your relationship with your children and more effectively parent them? Florence Littauer helps you identify, understand, and meet each child's unique needs.

Positive Parenting

Positive Parenting Is Easier Than You Think

Createspace Independent Publishing Platform More and more parents are dealing with children that are out of control, children that are angry and parents do not know how to handle. What studies have found is that this anger that these children are experiencing can be caused from the type of parenting technique that is being used. Most parents begin by using negative discipline which involves spankings or time out, but when they do not see the results that they expect, they are left confused and not understanding what they should do. The answer is positive parenting. Positive parenting is parenting done right. It is a technique that is based on preparing your child for the future and looking for teachable moments in a child's life. This book is going to teach you everything that you need to know about positive parenting so you can start using it today!

The Startup Owner's Manual

The Step-By-Step Guide for Building a Great Company

John Wiley & Sons More than 100,000 entrepreneurs rely on this book for detailed, step-by-step instructions on building successful, scalable, profitable startups. The National Science Foundation pays hundreds of startup teams each year to follow the process outlined in the book, and it's taught at Stanford, Berkeley, Columbia and more than 100 other leading universities worldwide. Why? The Startup Owner's Manual guides you, step-by-step, as you put the Customer Development process to work. This method was created by renowned Silicon Valley startup expert Steve Blank, co-creator with Eric Ries of the "Lean Startup" movement and tested and refined by him for more than a decade. This 608-page how-to guide includes over 100 charts, graphs, and diagrams, plus 77 valuable checklists that guide you as you drive your company toward profitability. It will help you: • Avoid the 9 deadly sins that destroy startups' chances for success • Use the Customer Development method to bring your business idea to life • Incorporate the Business Model Canvas as the organizing principle for startup hypotheses • Identify your customers and determine how to "get, keep and grow" customers profitably • Compute how you'll drive your startup to repeatable, scalable profits. The Startup Owner's Manual was originally published by K&S Ranch Publishing Inc. and is now available from Wiley. The cover, design, and content are the same as the prior release and should not be considered a new or updated product.

Positive Discipline: The First Three Years, Revised and Updated Edition

From Infant to Toddler--Laying the Foundation for Raising a Capable, Confident Child

Harmony The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success. Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in Positive Discipline: The First Three Years to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

Positive Parenting

An Essential Guide

Penguin "This is a must-read for every family that yearns to create peace and harmony." --Shefali Tsabary, Ph.D., New York Times bestselling author of *The Conscious Parent Tired of yelling and nagging?* True family connection is possible--and this essential guide shows us how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online. Her following has grown into a thriving community--hundreds of thousands strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for overcoming limiting thought patterns and recognizing emotional triggers, as well as advice for connecting with kids at each stage, from infancy to adolescence. This heartfelt, insightful advice comes not from an "expert," but from a learning, evolving parent. Filled with practical, solution-oriented advice, this is an empowering guide for any parent who longs to end the yelling, power struggles, and downward spiral of acting out, punishment, resentment, and shame--and instead foster an emotional connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds.

Manners Begin at Breakfast

Modern Etiquette for Families

Abrams "An elegant call to courtesy and decorum—meant not to shame but to encourage" from a royal mother, business woman, and parenting blogger (*The Wall Street Journal*). Princess, parent, and founder of a successful children's clothing line, Marie-Chantal of Greece is constantly asked how she manages to do it all—raise her kids and run her business while leading an active social life. So many of these queries—about proper etiquette for children in our fast-paced, technology-centered world—led her to recognize the need for a modern handbook on children's manners. *Manners Begin at Breakfast* addresses rules of etiquette, including basic table manners, social media, fashion dos and don'ts, and party conversation. Covering children from infants to teens, *Manners Begin at Breakfast* is an essential guide for all parents concerned about raising self-assured, well-adjusted children who are equipped to thrive in society and develop into confident, successful adults. Illustrated with charming, specially commissioned watercolors and written in a lively, conversational style, it is certain to become a perennial and parental must-have resource. "When in doubt . . . ask a princess! Because even royals have to contend with social media gaffes and dinner guests doing paleo." —*Town & Country* "Princess Marie-Chantal of Greece . . . puts some pomp in her Ps and Qs." —*Vanity Fair* "A how-to guide on navigating everything from international travel to playdate dress codes . . . Chock-full of actionable, sweetly illustrated tips, proving that modern etiquette doesn't have to be some antiquated, chew-like-you-have-a-secret ordeal." —*Domino*

The 80/80 Marriage

A New Model for a Happier, Stronger Relationship

Penguin NAMED ONE OF COSMOPOLITAN'S "15 BEST MARRIAGE BOOKS ALL COUPLES SHOULD READ." An accessible, transformative guide for couples seeking greater love, connection, and intimacy in our modern world Nate and Kaley Klemp were both successful in their careers, consulting for high-powered companies around the world. Their work as mindfulness and leadership experts, however, often fell to the wayside when they came home in the evening, only to end up fighting about fairness in their marriage. They believed in a model where each partner contributed equally and fairness ruled, but, in reality, they were finding that balance near impossible to achieve. From this frustration, they developed the idea of the 80/80 marriage, a new model for balancing career, family, and love. The 80/80 Marriage pushes couples beyond the limited idea of "fairness" toward a new model grounded on radical generosity and shared success, one that calls for each partner to contribute 80 percent to build the strongest possible relationship. Drawing from more than one hundred interviews with couples from all walks of life, stories from business and pop culture, scientific studies, and ancient philosophical insights, husband-and-wife team Nate and Kaley Klemp pinpoint exactly what's not working in modern marriage. Their 80/80 model of marriage provides practical, powerful solutions to transform your relationship and open up space for greater love and connection.

How to Really Love Your Adult Child

Building a Healthy Relationship in a Changing World

Moody Publishers More than 10 years after *Parenting Your Adult Child* was published, much has changed - including young adults themselves, as well as their parents. Economic upheavals, challenges to traditional values and beliefs, the phenomenon of over-involved "helicopter parenting" - all make relating to grown children more difficult than ever. Yet at the same time, being a parent of an adult child can bring great rewards. This revised and updated version of Dr. Gary Chapman's and Dr. Ross Campbell's message will help today's parents explore how to really love their adult child in today's changing world. The book includes brief sidebars from parents of adult children and adult children themselves with their own stories. An online study guide will also be available.

Just Tell Me What to Say

Simple Scripts for Perplexed Parents

Harper Collins Parents are often perplexed by their children's typical behaviors and inevitable questions. This down-to-earth guide provides "Tips and Scripts" for handling everything from sibling rivalry and the food wars to questions about death, divorce, sex, and "whyyyy?" Betsy Brown Braun blends humor with her expertise as a child development specialist, popular parent educator, and mother of triplets. Whatever your dilemma or child's question—from "How did the baby get in your tummy?" to "What does 'dead' mean?" to "It's not fair!"—Betsy offers the tools and confidence you need to explain the world to your growing child.

The Mayberry Bible Study

Primetime Parable Ministries In this National Bestseller, one of the most beloved television programs of all-time yields a celebrated 3-volume video based Bible Study. Join Andy, Opie, Barney, and Aunt Bee for the parables of Mayberry.

How to Raise Kids Who Aren't Assholes

Science-Based Strategies for Better Parenting--from Tots to Teens

Penguin *How to Raise Kids Who Aren't Assholes* is a clear, actionable, sometimes humorous (but always science-based) guide for parents on how to shape their kids into honest, kind, generous, confident, independent, and resilient people...who just might save the world one day. As an award-winning science journalist, Melinda Wenner Moyer was regularly asked to investigate and address all kinds of parenting questions: how to potty train, when and whether to get vaccines, and how to help kids sleep through the night. But as Melinda's children grew, she found that one huge area was ignored in the realm of parenting advice: how do we make sure our kids don't grow up to be assholes? On social media, in the news, and from the highest levels of government, kids are increasingly getting the message that being selfish, obnoxious and cruel is okay. Hate crimes among children and teens are rising, while compassion among teens has been dropping. We know, of course, that young people have the capacity for great empathy, resilience, and action, and we all want to bring up kids who will help build a better tomorrow. But how do we actually do this? How do we raise children who are kind, considerate, and ethical inside and outside the home, who will grow into adults committed to making the world a better place? *How to Raise Kids Who Aren't Assholes* is a deeply researched, evidence-based primer that provides a fresh, often surprising perspective on parenting issues, from toddlerhood through the teenage years. First, Melinda outlines the traits we want our children to possess--including honesty, generosity, and antiracism--and then she provides scientifically-based strategies that will help parents instill those characteristics in their kids. Learn how to raise the kind of kids you actually want to hang out with--and who just might save the world.

Forgiveness

21 Days to Forgive Everyone for Everything

Hay House, Inc *Too many of us feel trapped in stagnant romantic, family, or workplace relationships. Weighed down by toxic thoughts and emotions, we might be quick to judge and slow to pardon, and self-righteous about our feelings as we dwell on memories of what we or others did (or failed to do). In this tradepaper edition, Iyanla Vanzant challenges us to liberate ourselves from the wounds of the past and to embrace the new power of forgiveness. With Iyanla's 21-Day Forgiveness Plan, you'll explore relationship dynamics with your parents, children, friends, partners, co-workers, bosses, yourself, and even God. With journaling work and Emotional Freedom Techniques (also known as "tapping"), you'll learn to live with more love; gain new clarity on your life, lessons, and blessings; and discover a new level of personal freedom, peace, and well-being. Forgiveness doesn't mean agreeing with, condoning, or even liking what has happened. Forgiveness means letting go and knowing that--regardless of how challenging, frightening, or difficult an experience may seem--everything is just as it needs to be in order for you to grow and learn. When you focus on how things "should" be, you deny the presence and power of love. Accept the events of the past, while being willing to change your perspective on them. As Iyanla says, "Only forgiveness can liberate minds and hearts once held captive by anger, bitterness, resentment, and fear. Forgiveness is a true path to freedom that can renew faith, build trust, and nourish the soul."*

The Program

Lessons From Elite Military Units for Creating and Sustaining High Performance Leaders and Teams

John Wiley & Sons *Discover the military's keys to excellent leadership and team building training The Program: Lessons From Elite Military Units for Creating and Sustaining High Performing Leaders and Teams offers a hands-on guide to the winning techniques and tactics of The Program, the acclaimed team building and leadership development company. Drawing on the actual experiences of The Program's instructors from their personal combat stories to working with world-class athletic teams and successful corporations, the book clearly shows how The Program's training operations can help to achieve life goals and ambitions. The Program offers a road map that contains illustrative examples, ideas, and approaches for improving teammates and leaders at all levels within an organization of any size or type. Bring your organization to the next level of success Discover how to hold your leaders and teammates to the highest standards Understand how accountability increases effectiveness Learn to communicate effectively This important book explores the military's leadership and team building concepts that can be implemented to ensure an organization creates and sustains performance that adheres to the highest standards of excellence.*

Success on the Green

PGA Tour Pros' Secrets for Putting Your Best

Let four PGA TOUR Pros show you how to putt more effectively and accurately. PGA TOUR pros Lee Janzen, Dave Stockton, Jim Furyk and Rocco Mediate guide you on your journey to better putting, showing you the secrets they use to shave strokes off their score and keep those scores down there where they should be. 541 full-colour photographs set this book apart from other golf books and make the difference. You see everything laid out step-by-step, helping you analyse and improve each element of your own stroke.

Only Love Today

Reminders to Breathe More, Stress Less, and Choose Love

Zondervan *New York Times bestselling author Rachel Macy Stafford shares simple words of daily inspiration in this unique, seasonal devotional to help you find new and more connected ways to live undistracted, heart-led, and hands-free every day. Rachel Macy Stafford, known to millions as the Hands Free Mama, equips readers to breathe life into what really matters: the ordinary moments in our routine lives and the people in them. Her inspiring words fill this beautiful book of short pieces constructed around the seasons of life. From finding daily surrender in the autumn and daily hope in the winter to finding daily bloom and daily spark in the spring and summer, you will always find fresh, beautiful words for your day. With a flexible, non-dated devotional structure, Only Love Today offers life-giving words that remind you of the tools you already possess and insights you already have as you seek to find: Clarity when you're conflicted Unity when you're divided Faith when you're uncertain Rest when your soul is weary Meaning in the meaningless A reset button directing you back to what matters most Regardless of what you're experiencing or what season you're in, in these pages, you'll find wisdom, encouragement, strength, vision, and clarity to live for what really matters.*

How to Raise Kind Kids

And Get Respect, Gratitude, and a Happier Family in the Bargain

Penguin *Can you teach a child to be kind? This vital question is taking on a new urgency as our culture grows ever more abrasive and divided. We all want our kids to be kind. But that is not the same as knowing what to do when you catch your son being unkind. A world-renowned developmental psychologist, Dr. Thomas Lickona has led the character education movement in schools for forty years. Now he shares with parents the vital tools they need to bring peace and foster cooperation at home. Kindness doesn't stand on its own. It needs a supporting cast of other essential virtues--like courage, self-control, respect, and gratitude. With concrete examples drawn from the many families Dr. Lickona has worked with over the years and clear tips you can act on tonight, How to Raise Kind Kids will help you give and get respect, hold family meetings to tackle persistent problems, discipline in a way that builds character, and improve the dynamic of your relationship with your children while putting them on the path to a happier and more fulfilling life.*

A Failure of Nerve, Revised Edition

Leadership in the Age of the Quick Fix

Church Publishing, Inc. *Over a decade after his death, Edwin Friedman's bestselling A Failure of Nerve continues to offer insights into leadership that are more urgently needed than ever. This revised, anniversary edition is essential reading for all leaders, be they parents or presidents, corporate executives or educators, religious superiors or coaches, healers or generals, managers or clergy. Friedman was the first to tell us that all organizations have personalities, like families, and to apply the insights of family therapy to churches and synagogues, rectors and rabbis, and politicians and teachers. His understandings about our regressed, "seatbelt society," oriented toward safety rather than adventure, help explain the sabotage that leaders constantly face today. Suspicious of the "quick fixes" and instant solutions that sweep through our culture only to give way to the next fad, he argued for strength and self-differentiation as the marks of true leadership. His formula for success is more maturity, not more data; stamina, not technique; and personal responsibility, not empathy. A Failure of Nerve was unfinished at the time of Friedman's death and originally published in a limited edition. This edition cleans up some oversights in the original and brings his life-changing insights and challenges to a new generation of readers.*