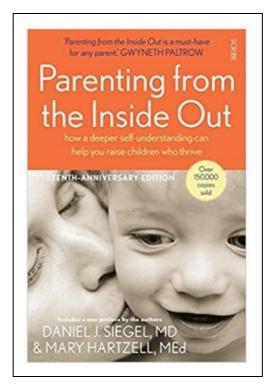
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(Ms. Bernice Rolfson)

PARENTING FROM THE INSIDE OUT: HOW A DEEPER SELF-UNDERSTANDING CAN HELP YOU RAISE CHILDREN WHO THRIVE (PAPERBACK)



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Scribe Publications, Australia, 2014. Paperback. Condition: New. New edition. Language: English . Brand New Book. An updated edition of the parenting classic Have you ever thought: `I can t believe I just said to my child the very thing my parents used to say to me! Am I destined to repeat the mistakes of my parents? In Parenting from the Inside Out, child psychiatrist Daniel J. Siegel and early-childhood expert Mary Hartzell explore how our childhood experiences shape the way we parent. Drawing on stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships affect the development of the brain, and offer a step-by-step approach to forming a deeper understanding of our life stories, which will help us raise compassionate and resilient children. Combining Siegel s cutting-edge neuroscience research with Hartzell s 30 years of experience as a child-development specialist and parent educator, Parenting from the Inside Out guides us through creating the necessary foundations for secure and loving relationships with our children. This tenth-anniversary edition includes a new preface by the authors and incorporates the latest research from the field.



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