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30 DAYS TO CALM PARENTING EBOOKS 2019

30 Days to Calm Parenting

Practical tips to take you
from chaotic to calm by
next month

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Release Date: Lanzamiento previsto: @@expectedReleaseDate@@

The key to raising happy, healthy, thriving kids lies in the parent's emotional state. No amount of parenting advice can substitute for a calm parent who manages their own needs and feelings without losing control. Practical tips to take you from chaotic to calm by next month. 30 Days to Calm the author, Jessica Felix, a parenting coach, educator and mother of 3, walks parents through a day-by-day method to becoming more calm. This method builds parental confidence while deepening the parent-child relationship. Utilizing the workbook and journaling pages in the back of the book, parents will identify their unique family values, the actions and behaviors that cause them to get angry and the activities that help them feel calmer. Parents can choose to read one chapter per day or read the book at their own speed. Enjoying parenting more is a gift to both parent and child.

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