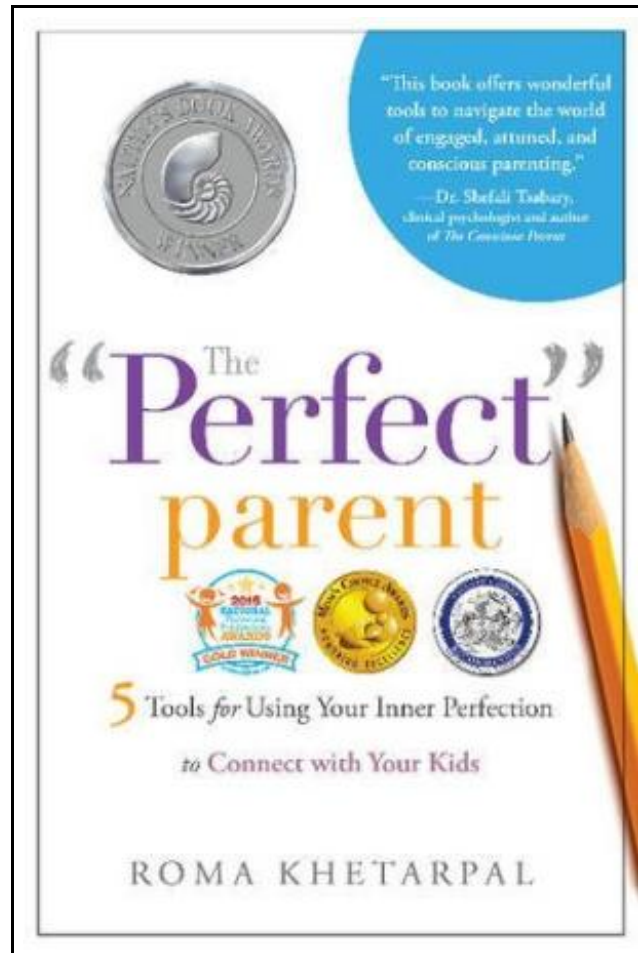


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## THE PERFECT PARENT: 5 TOOLS FOR USING YOUR INNER PERFECTION TO CONNECT WITH YOUR KIDS (PAPERBACK)




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Greenleaf Book Group Llc, United States, 2014. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. Get ready for a parenting makeover! If you're a parent today, you face extreme pressure to get everything exactly right -- a pursuit of perfection that probably makes parenting feel hard. It encourages you to worry about whether you're doing a good enough job, and to wonder if your kids will turn out okay. In *The Perfect Parent*, Roma Khetarpal puts all of that agony to rest. She explains that the key to a fulfilling parenting experience is to stop chasing an ideal and instead use your inner perfection to nurture a strong, communicative connection with your children--which will lead them to be happy, think positive, and do good. Drawing from the fields of personal growth and emotional intelligence and distilling cutting-edge scientific research, Khetarpal leads you through five communication tools designed to help parents strengthen their bond with their kids and handle the doubt, guilt, worry, and fear that often accompany the challenges of raising children. Along the way, she shares helpful, humorous real-life stories taken from the popular parenting classes she's taught for years, as well as easy-to-remember exercises--such as *Dealing with the Feeling* and *Take Five*--for use in common family situations. With this short, useful, and enjoyable guide, you will be equipped with the simple tools you need to build a relationship with your kids that lasts a lifetime. Includes a Perfect parent toolbox!.

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