# **CONSCIOUS PARENTING BOOK**



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This book should be a part of every parent's library; it's a parenting book for parents. Literally. The focus is not so much on our children's behavior, but how our behavior as parents effects our children and their behavior. http://ebookslibrary.club/The-Conscious-Parent--Transforming-Ourselves--Empowering--.pdf

#### **Best Conscious Parenting Books Pinterest**

Karen traces the history of attachment theory through the controversial work of John Bowlby, a British psychoanalyst, and Mary Ainsworth, an American developmental psychologist, who together launched a revolution in child psychology.

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## The Conscious Parent Transforming Ourselves Empowering

To handle the behavior that results, traditional books on parenting abound with clever techniques for control and quick fixes for dysfunction. In Dr. Shefali Tsabary's conscious approach to parenting, however, children serve as mirrors of their parents' forgotten self. Those willing to look in the mirror have an opportunity to establish a relationship with their own inner state of wholeness

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