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Conscious parenting is about becoming mindful of your behaviour and engaging with your child as an individual. Dr Tsabary inspires parents to get back in touch with their emotions and shed the layers of baggage they have inherited during their own life and are unconsciously heaping on their children.

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Conscious Parenting is the Alchemy of Love Mindfulness Training designed for parents. We use 100s of Transformation Tools and Parenting Exercises that will help you get in touch with your Soul, with Love, and with Patience when dealing with kids.

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As they become "conscious"™ in their parenting, so parents can transform their relationship with their offspring and raise happy, well-adjusted children. The Conscious Parent is already transforming the way people are parenting through its sales in the US where it's spent 15 weeks on the New York Times bestseller list.

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Conscious Parent: Transforming Ourselves, Empowering Our Children at Amazon.com. Read honest and unbiased The Conscious Parent by Dr. Shefali Tsabary Transforming Ourselves Empowering our Children Ari was founded to empower parents of children with autism. Dr. Shefali offers a new paradigm of parenting in The Conscious Parent.

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The Conscious Parent Transforming Ourselves Empowering Our

The Conscious Parent is a must have book for any parent. There is so much good information that will change your prospective of parenting. This book also reveals some of the things that we learned as children that we are now using our own parenting in why it may not be the best way of parenting our children.

The Conscious Parent - Dr. Shefali

Conscious parenting requires you to live in the moment and make parenting decisio In fact, the whole book is focused on teaching the parent to examine their motives, triggers, every day behavior and delve into their past and engage in constant introspection - all in an effort to not pass on the sins of your parents to your children.

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