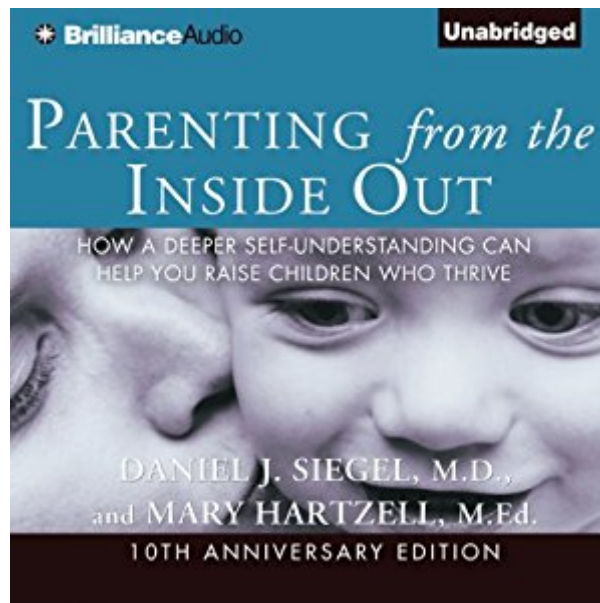




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Parenting From The Inside Out: How A Deeper Self-Understanding Can Help You Raise Children Who Thrive



Synopsis

"Dan Siegel and Mary Hartzell have quite deftly managed to translate highly complex neuroscientific and psychological matters into lay strategies for effective parenting." (Marilyn B. Benoit, M.D., former president, American Academy of Child & Adolescent Psychiatry). "Parenting from the Inside Out is a must-have for any parent...I gave a friend of mine a copy and she said, 'This audiobook is changing my life. I like my kids again.'" (Gwyneth Paltrow, Goop.com). "Together Siegel and Hartzell delicately peel back the many layers of parenting to reveal the pure nature of the relationship at its core." (Neal Halfon, M.D., MPH, professor of pediatrics, UCLA; director, UCLA Center for Healthier Children, Families & Communities, and coeditor, Child Rearing in America). In this best-selling classic, child psychiatrist and coauthor of *The Whole Brain Child*, Daniel J. Siegel and early childhood expert Mary Hartzell explore the extent to which our childhood experiences shape the way we parent. Illuminating important research in the field of interpersonal neurobiology, Siegel and Hartzell explain how the parent-child relationship directly affects brain development, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories to help them raise compassionate and resilient children. Drawing on Siegel's cutting-edge research on how communication influences brain development with Hartzell's more than forty years' experience as a child development specialist and parent educator, *Parenting from the Inside Out* guides parents through creating the necessary foundations for loving and secure relationships with their children. Disclaimer: This audiobook of *Parenting from the Inside Out* includes the new preface written by the authors' for the tenth anniversary edition. However, the audiobook is based upon the first edition of the work published in 2003, not the updated and revised edition of the audiobook.

Book Information

Audible Audio Edition

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Customer Reviews

This is an insightful, well researched, well thought out guide to healing yourself so that you can be the best possible parent to your child. If you are looking to break bad cycles in your family line, this book is especially for you. But I would recommend it to any parent. Your children and grandchildren will thank you.

A book to bring it all together for parents. I teach Thomas Gordon's Parent Effectiveness Training and this book, based on the latest brain research, confirms the P.E.T. philosophy as first expressed by Carl Rogers. Children are in deep trouble. I see a very grim future unless the thinking outlined for us here can, somehow, become our paradigm for moving forward.

A door way leading you to know how important knowing who you are.

This is very dry - too much neuropsychology/biology

I Have three little kids. This book helped me thinkna lot about my approach to them being about me and not them! Great to have a book based on science and beain development.

k

Good analysis and an interesting way to look at how the memories of your experiences affect how you raise your own child.

read it and then saw it was on audiobook so i could listen to it now. recommend for everyone. it is essentially free therapy.

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