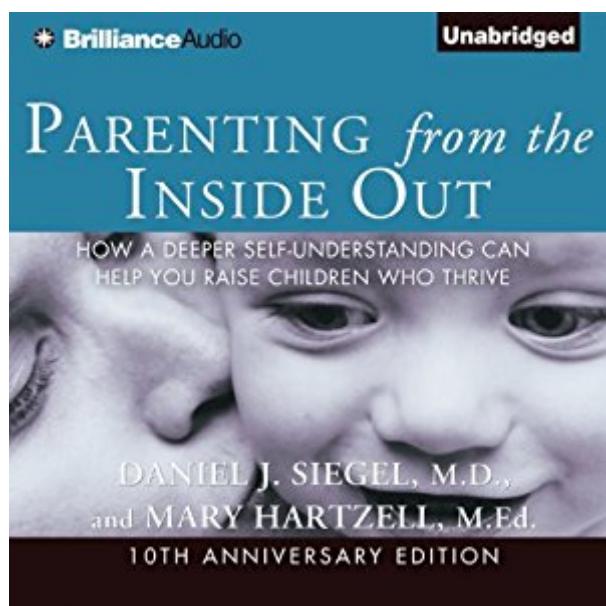


The book was found

# 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

Listening Length: 6 hours and 44 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: December 26, 2013

Language: English

ASIN: B00H246JCA

Best Sellers Rank: #40 in Books > Parenting & Relationships > Reference #97 in Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling #109 in Books > Audible

## 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.

[Download to continue reading...](#)

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)

Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Raise Powerful Children: The Ultimate Guide On

How To Raise Powerful Children To Become The Best They Can Be Deeper Voice: Get a Deeper voice Quickly, Become a Leader: Proven way to deepen your voice:(Low pitched voice, Attractive Voice, Voice Singers, Manly Voice, Charisma, Power) Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive Inside Out: How Conflict Professionals Can Use Self-Reflection to Help Their Clients Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Truth About Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive The Game Theorist's Guide to Parenting: How the Science of Strategic Thinking Can Help You Deal with the Toughest Negotiators You Know--Your Kids Growing Up Again: Parenting Ourselves, Parenting Our Children What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD Fundraising: Crash Course! Fundraising Ideas & Strategies To Raise Money For Non-Profits & Businesses (Fundraising For Nonprofits, Fundraising For Business, ... Raise Money, Crowdfunding, Entrepreneur) Crowdfunding: How to Raise Money for Your Startup and Other Projects! (Crowdfunding, Funding, Raise, Business, Money, Startup, Guide, Capital) The Ultimate Guide to Nonprofit Fundraising with Crowdfunding: A start-to-finish handbook on how to raise money with crowdfunding (Crowdfunding, Nonprofit ... How to Raise Money, How to CrowdFund)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)