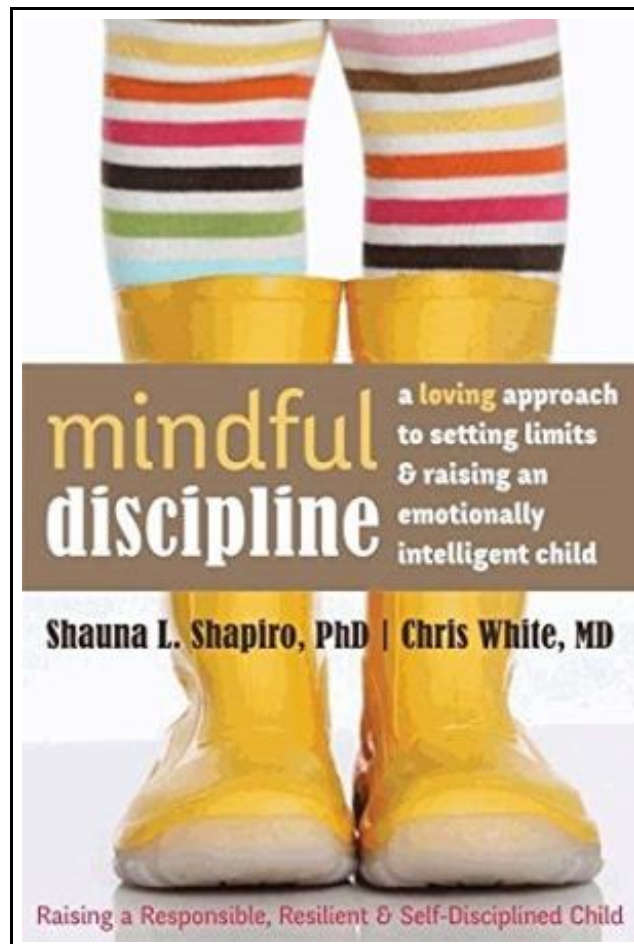


## Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child, Shauna L. Shapiro, Chris White, Kids need both love and limits in order to thrive. In Mindful Discipline, internationally recognized mindfulness expert Shauna L. Shapiro and pediatrician Chris White offer parents simple yet powerful tools for raising mindful, respectful, and responsible children, and redefines discipline itself as a loving, nurturing approach—one that will yield both short and long-term positive results. In this book, Shapiro and White outline the five elements of mindful discipline: unconditional love, space for children to be themselves, mentorship and transfer of values, and admitting your mistakes. By letting your children witness your own personal struggles (and positive responses to those struggles) you will set an example that will stay with them for their entire lives, and help them to grow into happy, healthy adults. Grounded in clinical studies and the latest research in mindfulness and neuroscience, this book will teach you how to foster your child's emotional intelligence and self-esteem while also encouraging genuine cooperation. With simple practices, such as honoring your child's strengths, setting limits, and setting a positive example, you can teach your child the self-discipline and resilience they will need to thrive in life. Being a parent is tough work, but traditional forms of discipline can actually make it harder. Instead of trying to change your child's behavior, try changing the way you communicate with them—you will often find that good behavior naturally follows.



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