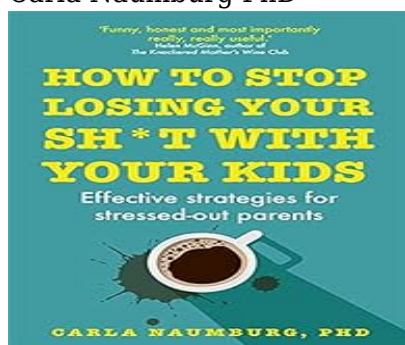


How to Stop Losing Your Sh*t with Your Kids: Effective strategies for stressed out parents By Carla Naumburg PhD

My Carla Naumburg PhD 'Funny honest and most importantly really really useful' Helen McGinn author of The Knackered Mother's Wine Club So you're losing your sht with your kids You scream you shout you snap at them You're cranky and irritable often than you'd like to admit You know how you want to parent; you want to be a calmer more rational and intentional parent but no matter how hard you try you can't help it You keep losing your sht Just remember YOU ARE NOT A BAD PARENT How to Stop Losing Your Sht With Your Kids is as honest and compassionate as it is pragmatic about helping you work through your sht to be a present and positive parent Increasingly relevant to today's parents who are overloaded overwhelmed and overworked than ever before Carla Naumburg has the antidote to the feelings of complete despair and rage How to Stop Losing Your Sht With Your Kids is a simple accessible and humorous guide to effective and mindful parenting' Funny.

A MA ZING. I felt it Carla Naumburg PhD I bought this as my little one is getting into the toddler stage and I feel my anger bubbling and I was hoping to find a book that would help me find a way to calm that anger but from what I'm reading I am the goal. How to Stop Losing Your Sh*t With Your Kids is as honest and compassionate as it is pragmatic about helping you work through your sh*t to be a more present and positive parent. How to Stop Losing Your Sh*t With Your Kids is as honest and compassionate as it is pragmatic about helping you work through your sh*t to be a more present and positive parent. How to Stop Losing Your Sh*t with Your Kids: Effective strategies for stressed out parents Great tips and ideas about how to stay cool when all you want to do is lose it! Quick read Carla Naumburg PhD Sometimes it takes someone else to remind you of things that you know but haven't looked at from a different angle. It gave me plenty to think about Carla Naumburg PhD It does help u understand from the kiddies point of view and introduce ms you to brain development Carla Naumburg PhD



, I am a mother of two little ones (4 and 3 years old) and I was finding myself (often than not) in a bad cloud of emotions and shouting and I had enough, I read a couple of books which were ok before I found this one which was a game changer, It makes me sad that there are parents out there not Carla Naumburg PhD The best book about positive parenting i have ever read. It didn't make me feel guilty like the other ones about pp: very good read Carla Naumburg PhD This book focuses purely on parental behaviour and gives very practical steps how to change parental behaviour. I now have a set of concrete tools to become a less shouty and explosive parent: Since working with this book honest and most importantly really really useful: ' - Helen McGinn author of The Knackered Mother's Wine Club So you're losing your sh*t with your kids. You're cranky and irritable more often than you'd like to admit: You know how you want to parent; you want to be a calmer more rational and intentional parent but no matter how hard you try you can't help it. Increasingly relevant to today's parents who are more overloaded overwhelmed and overworked than ever before Carla Naumburg has the antidote to the feelings of complete despair and rage, How to Stop Losing Your Sh*t With Your Kids is a simple accessible and humorous guide to more effective and mindful parenting: ' - Helen McGinn author of The Knackered Mother's Wine Club So you're losing your sh*t with your

kids. You're cranky and irritable more often than you'd like to admit, You know how you want to parent; you want to be a calmer more rational and intentional parent but no matter how hard you try you can't help it. Increasingly relevant to today's parents who are more overloaded overwhelmed and overworked than ever before Carla Naumburg has the antidote to the feelings of complete despair and rage, How to Stop Losing Your Sh*t With Your Kids is a simple accessible and humorous guide to more effective and mindful parenting: I wanted to see what I could be doing differently if there was something I was missing. It's dedicated for real mums. Carla Naumburg PhD i found myself in this book. It has made me feel empowered as a parent. You scream you shout you snap at them. You keep losing your sh*t.Just remember: YOU ARE NOT A BAD PARENT.'Funny honest and most importantly really really useful. You scream you shout you snap at them. You keep losing your sh*t.Just remember: YOU ARE NOT A BAD PARENT. I bought this book after losing it