



Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm and Collected

Susan Stiffelman

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Every parent knows the unrelenting fervour of a four-year-old's tantrum, an eight-year-old's insistence on talking back, or a moody pre-teen's newfound hobby of brooding in anger. And every parent has asked the simple question: how can I avoid meltdowns and create more peace at home? While most parenting strategies are designed to coerce your kids to change, *Parenting Without Power Struggles* does something innovative, and focuses on where parents actually have real control: within themselves. When parents learn to keep their cool and parent from a strong and durable connection, they become able to help their children navigate the challenging moments of growing up. Family therapist Susan Stiffelman has shown thousands of parents how to be the confident 'captain of the ship' in their children's lives. Based on her successful practice and packed with real-life stories, Susan shares proven strategies and clear insights to motivate kids to cooperate and connect, making *Parenting Without Power Struggles* an extraordinary guidebook for transforming your day-to-day parenting life.

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