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# The Power Of Calm (Teaching Self Government 1 Hour Audio Seminars)



## Synopsis

The Power of Calm: a one hour audio class by Nicholeen Peck. When we go speak to people around the country about the style of parenting we live in our home and the family culture we are passionate about, one of the biggest responses we get is, "I think I need self-government myself before I can teach it to my children." This is so true! It is hard to stay calm when you are under pressure and dealing with the stresses of raising children and living in our fast paced world. In this class we talk about how fathers and mothers can tap into the power called "being calm." We also role play how you calm down yourself and your child at the same time without having to lose your control. The first step to great parenting is getting yourself ready for the hard times which will inevitably come. Listen, and learn the power of calm.

## Book Information

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The Power of Calm: a one hour audio class by Nicholeen Peck. When we go speak to people around the country about the style of parenting we live in our home and the family culture we are passionate about, one of the biggest responses we get is, "I think I need self-government myself before I can teach it to my children." This is so true! It is hard to stay calm when you are under pressure and dealing with the stresses of raising children and living in our fast paced world. In this class we talk about how fathers and mothers can tap into the power called "being calm." We also role play how you calm down yourself and your child at the same time without having to lose your control. The first step to great parenting is getting yourself ready for the hard times which will inevitably come. Listen, and learn the power of calm.

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