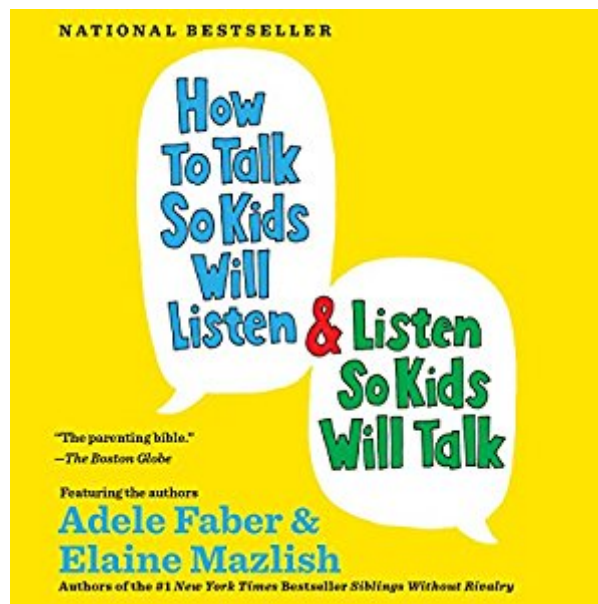




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How To Talk So Kids Will Listen & Listen So Kids Will Talk



Synopsis

The ultimate "parenting bible" (The Boston Globe) with a new Foreword-a timeless, beloved book on how to effectively communicate with your child from the number-one New York Times best-selling authors. Internationally acclaimed experts on communication between parents and children, Adele Faber and Elaine Mazlish "are doing for parenting today what Dr. Spock did for our generation" (Parent Magazine). Now, this best-selling classic includes fresh insights and suggestions as well as the author's time-tested methods to solve common problems and build foundations for lasting relationships, including innovative ways to:

- Cope with your child's negative feelings, such as frustration, anger, and disappointment
- Express your strong feelings without being hurtful
- Engage your child's willing cooperation
- Set firm limits and maintain goodwill
- Use alternatives to punishment that promote self-discipline
- Understand the difference between helpful and unhelpful praise
- Resolve family conflicts peacefully

Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes relationships with children of all ages less stressful and more rewarding.

Book Information

Audible Audio Edition

Listening Length: 8 hours 31 minutes

Program Type: Audiobook

Version: Unabridged

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Best Sellers Rank: #6 in Books > Parenting & Relationships > Family Relationships > Conflict Resolution #7 in Books > Self-Help > Relationships > Conflict Management #8 in Books > Self-Help > Emotions

Customer Reviews

This book works. It's hard to believe but if you read each chapter and do the exercises (for practice) and then try it out on your kids (or in my case, my kindergarten aged niece) -- it actually works! Here's an example: my niece was having a WWIII type of tantrum one day because her candy cane had broken in half. (It was Christmas time.) Her parents, older sister, grandma, everyone was telling her that it was no big deal, she can have another candy cane, it will still taste just the same, etc.,

anything to get her to see reason and calm down. It only made her fit worse. Things escalated. Her mother started shouting threats to send her to her room. Then - I tried something that I had read in the book: Let the child have the feelings she's feeling and let her know that she's having those feelings. So, I went over to her and said -- just like one of the book's exercises: "It's terrible. Your candy cane broke, and now it's not a perfect candy cane anymore. Even though it will taste the same, it's not a candy CANE anymore. I can see how upsetting it is, because it's not the perfect candy cane that it used to be."And boom - she completely calmed down. She sat next to me without saying anything, but I could tell, she was finally feeling what she was feeling -- rather than being upset and fighting to claim her right to feel what she was feeling, if that makes sense. And that was that. She stopped being upset and ate her broken candy cane. There are so many other examples like this -- the 'one word' tip, the 'describe it/don't tell them what to do' tip, the 'write a wish list together' tip... I could go on. They really work!

WHOA! AND-it goes with ALL relationships! Another one I found in my La Leche League days and am passing on to the next generation...a good overview of how what DOES come out of our mouth matters.

Awesome book! I have 2 young boys and the advice and techniques in this book really help. I read it a year ago and will re-read it as there are so many nuggets of information and I want to make sure I have them down pat and improve my parenting and my relationship with my children.

Still a classic and for good reason. Very useful ways of improving communication with teens.

I learned a lot from the book. I will read it again. I have been trying things that it suggest and they are working. It is helping our home run smoother.

Great book, learn how to talk and listen to your kids!

This is the best parenting book I've ever read. I'm a family physician, and I have two boys, one and three years. Mornings are less stressful with fewer tantrums since reading this book. I have recommended it to many patients. In a nutshell, it's about treating your children like you would want to be treated rather than training them like dogs.

I LOVE THIS BOOK. It's 100% practical and realistic. I've read a few other parenting books that made sense, but the practice of the principles they taught were awkward and too far out there. This one is actually doable! Thank you to the authors for this wonderful book!

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