

Get Free **Screamfree Marriage Calming Down Growing Up And Getting Closer** Hal Edward Runkel

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ScreamFree Parenting Growing Forward When You Can't Go Back Parent Hacks Homework The Touch of the Master's Hand Divorce Busting Just Tell Me What to Say Jesus, the Gentle Parent The Brand Called You Screamfree Parenting, 10th Anniversary Revised Edition How to Act Right When Your Spouse Acts Wrong Mothering with Courage Weaning and First Foods ScreamFree Marriage Simplicity Parenting Daring to Trust Falling in Love for All the Right Reasons Making Marriage Simple Screamfree Parenting 7 Days of Sex Challenge The Missing Piece Meets the Big O The Essential Guide to Raising Complex Kids with ADHD, Anxiety, and More Self-Parenting The Self-Centered Marriage Hands Free Mama No More Perfect Moms The Explosive Child The Grace Filled Divorce Creative Correction Yell Less, Love More Only Love Today 75 Habits for a Happy Marriage Raising Good Humans Setting Limits with Your Strong-Willed Child To Love, Honor, and Vacuum Elizabeth Betrayed If I Have to Tell You One More Time Screamfree Parenting Touched by Africa Thirty Million Words

### **ScreamFree Parenting**

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WANT A PEACEFUL HOME? This practical, effective guide for parents with kids of all ages introduces proven principles for overcoming the stress and anxiety of parenting, forged in the personal trenches of countless Screamfree families. If you're like most parents, what you want right now is pretty simple: an effective plan for getting your kids to behave and be happy. You're probably looking for something else as well – something a little deeper. Like many other parents all over the world, you want to know you're doing a good job. You want to feel like you can handle anything. You want to feel confident, competent, and hopeful for the future, for both your kids and yourself. (Oh, and along the way, you'd like a little peace, quiet, and respect as well.) All of the above are possible, even probable, if you can learn to become "Screamfree." You can have the structured, rewarding home life you've always craved, with respectful kids who are responsible for their own actions. All you have to do is learn to pause, so you can respond more and react less. It really is that simple. Once you learn to control your own emotions and behavior, your children will soon learn how to control theirs. Now is your chance to join thousands of other parents in a movement of calmer parenting. The new, revised edition includes updated practical applications of the foundational Screamfree principles, a new chapter on parenting in the digital age, and a comprehensive Q&A section dealing with everything from behavioral problems to allowances and chores. A peaceful home is closer than you think.

### **Growing Forward When You Can't Go Back**

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Experience the Blessings of an Imperfect Marriage. We all—at one time or another—have the opportunity to act right when our spouse acts wrong. There are no perfect marriages or perfect spouses. We know that having a good marriage requires effort and hard work. Yet we often don't know how to continue to love when we are angry, hurt, scared, or just plain irritated. Nor are we sure what that kind of love is supposed to look like. Should we be patient? Forgive and forget? Do something else entirely? Acting right when your spouse acts wrong will not necessarily guarantee a more satisfying marital relationship, nor will it automatically make your spouse change his or her ways—although both could occur. It will, however, help you see how God is stretching you in the midst of your marital difficulties, teach you to respond wisely when wronged, and lead you into a deeper relationship with Christ as you yield your will to his plan for your life and learn to be more like him.

### **Parent Hacks**

### **Homework**

“Rachel Macy Stafford's post "The Day I Stopped Saying Hurry Up" was a true phenomenon on The Huffington Post, igniting countless conversations online and

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off about freeing ourselves from the vicious cycle of keeping up with our overstuffed agendas. Hands Free Mama has the power to keep that conversation going and remind us that we must not let our lives pass us by.” --Arianna Huffington, Chair, President, and Editor-in-Chief of the Huffington Post Media Group, nationally syndicated columnist, and author of thirteen books <http://www.huffingtonpost.com/> DISCOVER THE POWER, JOY, AND LOVE of Living “Hands Free” If technology is the new addiction, then multi-tasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it’s no wonder we’re distracted. But this isn’t the way it has to be. In July 2010, special education teacher and mother Rachel Macy Stafford decided enough was enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. She started a blog to chronicle her endeavors and soon saw how both external and internal distractions had been sabotaging her happiness and preventing her from bonding with the people she loves most. Hands Free Mama is the digital society’s answer to finding balance in a media-saturated, perfection-obsessed world. It doesn’t mean giving up all technology forever. It doesn’t mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. It means

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looking our loved ones in the eye and giving them the gift of our undivided attention, leaving the laundry till later to dance with our kids in the rain, and living a present, authentic, and intentional life despite a world full of distractions. So join Rachel and go hands-free. Discover what happens when you choose to open your heart—and your hands—to the possibilities of each God-given moment.

### **The Touch of the Master's Hand**

Only Love Today is the inspirational read from best-selling author of Hands Free Mama, Rachel Macy Stafford. Millions of Stafford's fans from her blog and her books find hope, challenge, and inspiration through her poetic and powerful short pieces on her blog. Only Love Today brings these pieces and many new, original entries together in a beautiful book based around the four seasons. From finding daily surrender in the autumn and daily hope in the winter, to daily bloom and daily spark in the spring and summer, you will always find fresh beautiful words for your day. With a flexible, non-dated structure, Only Love Today is perfect to pick up at any time of the year and find hope and encouragement to address your current challenge or need - family, parenting, relationships, finding peace in a stressed out world. Stafford offers you strength and vision for a new and more connected way to live. This is a timeless book of inspiration to remember and live for what really matters.

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### **Divorce Busting**

Do you often find yourself losing your cool and yelling at your kids? It happens to us all, but it doesn't have to. With *Yell Less, Love More* you'll learn practical, simple solutions to keep you focused on loving more and yelling less, no matter what the circumstance. It is possible to change and enjoy a calmer life because of it! Take the Orange Rhino 30-day challenge to yell less. In this guidebook to happier parenting, author Sheila McCraith shares daily thoughts, tips, and motivational personal stories to help you toss out the screams and welcome in the peace. Whether you have one child or twenty (or one you still yell at who is twenty), strengthen your relationships and maybe even laugh a little more--by taking the challenge today. The Rhino: A naturally calm animal that charges when provoked. The Orange Rhino: A person that parents with warmth and determination and who doesn't charge with words when angry, impatient, or simply in a bad mood.

### **Just Tell Me What to Say**

Parents are often perplexed by their children's typical behaviors and inevitable questions. This down-to-earth guide provides "Tips and Scripts" for handling everything from sibling rivalry and the food wars to questions about death, divorce, sex, and "whyyyy?" Betsy Brown Braun blends humor with her expertise as a child

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development specialist, popular parent educator, and mother of triplets. Whatever your dilemma or child's question—from "How did the baby get in your tummy?" to "What does 'dead' mean?" to "It's not fair!"—Betsy offers the tools and confidence you need to explain the world to your growing child.

### **Jesus, the Gentle Parent**

Through the best-selling ScreamFree Parenting, Hal Runkel showed thousands of parents how keeping their cool can revolutionize their family life. In his groundbreaking new book, ScreamFree Marriage, Runkel now shows couples how learning to stay calm, in the face of common marital conflicts, is the key to creating and enjoying a deep, lifelong connection. Every committed couple strives to hold on to the marriage they envisioned back when they first said "I do"--before the end of the honeymoon phase, before kids, mortgages, health crises, and all life's inescapable issues. But the truth is this: conflict is unavoidable--it's impossible for two people to see every single thing, face every issue, and experience every situation in exactly the same way. What results are couples "screaming" at each other--sometimes literally yelling out loud, sometimes shutting themselves down and shutting their partners out, and sometimes avoiding the issue altogether--none of which leads to the passionate, intimate connection we all crave. In ScreamFree Marriage, Hal introduces some radical new concepts about marriage, teaching couples how to embrace this inevitable conflict as a

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profound vehicle for strengthening a marriage. Rather than just a source of pain and disagreement, these "Fires of Commitment," as Hal describes them, can actually be the exact experience needed to grow couples into new levels of maturity and intimacy. By simply learning the ScreamFree formula of Calming Down, Growing Up, and Getting Closer, you too can cross through these fires and end up with a closer and more passionate marriage than ever before. Using accessible anecdotes and the disarming humor that readers have come to love, Runkel disproves prevailing marital wisdom, puts couples on a path to "intimate independence" and reveals a whole new, fresh approach to marriage.

### **The Brand Called You**

A family therapist introduces a practical, effective approach to parenting that explains how to overcome the stresses and anxieties of parenting by learning how to relate to children in a calm, cool, and connected way, emphasizing the need for privacy for every member of the family, how to respect a child's choices and opinions, and how to set new patterns of cooperation and connection. Reprint. 60,000 first printing.

### **Screamfree Parenting, 10th Anniversary Revised Edition**

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Mothering with Courage provides guidance for mothers to self-reflect and dig deep to discover what is important to them from their own perspective. Only from that space can a mother discover how to be the best, most authentic mother for her child. Mothering with Courage provides mothers a detailed guidebook for their journey as a mother, complete with the latest understanding and tips for healthy parenting and motherhood. Practical, educational, and inspirational, the book provides self-reflective questions and guided journaling exercises for mothers, specifically related to aspects of their lives and mothering. Mothering with Courage engages mothers in an interactive experience that will help map their own journey of motherhood, consciously creating it as they move through the book gaining insight and making personal choices. The text and exercises also guide mothers to mindfully choose the legacy of values and attitudes that they want to pass to their children. As a result, they will be given the opportunity to become a calm and connected mother . . . a mother who is also confident in her journey.

### **How to Act Right When Your Spouse Acts Wrong**

From advertisements to mommy blogs to Pinterest, scenes of domestic bliss abound, painting a picture of perfection and expectation nearly impossible to live up to. Why can't you work a full-time job, stylishly clothe yourself and your children, plan a party for twelve with handmade decorations, keep your house sparkling clean without chemicals, and bake a gourmet meal in the same day?

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Everyone else is doing it! For many women, housework has become more than chores that need to be done; it is a symbol of identity. Sheila Wray Gregoire wants to stop that thinking in its tracks and help women back to a life of balance--for their sakes and for their families. She encourages women to shift their focus from housekeeping to relationships and shows them how to foster responsibility and respect in all family members. The second edition retains the helpful, concrete advice on everyday situations such as strategies for tackling chores and budgets and tips on effective communication, while incorporating the wisdom Sheila has gained through her interaction with thousands of readers of her blog and through her speaking ministry over the past ten years. Through the principles in *To Love, Honor, and Vacuum*, Gregoire promises readers they can grow and thrive in the midst of their hectic lives-even if their circumstances stay the same.

### **Mothering with Courage**

Explores the human ability to trust, and argues that people must develop trust in four directions, including toward themselves, toward others, toward life as it is, and toward a higher power or spiritual path in order to maintain healthy relationships and experience emotional well-being.

### **Weaning and First Foods**

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Turns out, that's exactly what they need.

### **ScreamFree Marriage**

Turns out, that's exactly what they need.

### **Simplicity Parenting**

“A wise and fresh approach to mindful parenting.” —Tara Brach, author of *Radical Acceptance* A kinder, more compassionate world starts with kind and compassionate kids. In *Raising Good Humans*, you’ll find powerful and practical strategies to break free from “reactive parenting” habits and raise kind, cooperative, and confident kids. Whether you’re running late for school, trying to get your child to eat their vegetables, or dealing with an epic meltdown in the checkout line at a grocery store—being a parent is hard work! And, as parents, many of us react in times of stress without thinking—often by yelling. But what if, instead of always reacting on autopilot, you could respond thoughtfully in those moments, keep your cool, and get from A to B on time and in one piece? With this book, you’ll find powerful mindfulness skills for calming your own stress response when difficult emotions arise. You’ll also discover strategies for cultivating respectful communication, effective conflict resolution, and reflective listening. In

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the process, you'll learn to examine your own unhelpful patterns and ingrained reactions that reflect the generational habits shaped by your parents, so you can break the cycle and respond to your children in more skillful ways. When children experience a parent reacting with kindness and patience, they learn to act with kindness as well—thereby altering generational patterns for a kinder, more compassionate future. With this essential guide, you'll see how changing your own “autopilot reactions” can create a lasting positive impact, not just for your kids, but for generations to come. An essential, must-read for all parents—now more than ever. “To raise the children we hope to raise, we have to learn to become the person we hoped to be.... This wonderful book will help you handle the ride.” —KJ Dell’Antonia, author of *How to Be a Happier Parent* “Hunter Clarke-Fields shares her wisdom and personal experience to help parents create peaceful families.” —Joanna Faber and Julie King, coauthors of *How to Talk So Little Kids Will Listen*

### **Daring to Trust**

Divorce is one of those experiences that everyone believes will happen to someone else. So what do you do when it happens to you? As a Christian believer, how can you walk through the valley of divorce and emerge better and not bitter? Christians who check their faith at the courtroom door as they seek to “win” their divorce cases leave their families, communities, churches and, most tragically, their children permanently wounded. In *The Grace-Filled Divorce*, Dr. Melody Bacon

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shares a very different perspective on how to approach divorce—one that is an opportunity for personal growth and spiritual formation. Open yourself up to God's grace. Allow it to flow into and through you, so that the confusion and pain you are experiencing can be transformed into a deeper relationship with God, yourself, and others. This book will assist readers in learning How to embrace grief, in order to let go of old ideas, assumptions and perspectives How to recognize and change relationship patterns that contributed to the divorce How to create a workable relationship with an ex-spouse How to use ancient Christian spiritual practices to more fully experience the presence of God How to partner with God to redeem the divorce experience, so that His love may be more fully revealed. Melody Bacon holds a Ph.D. in clinical psychology, with an emphasis in depth psychology, from Pacifica Graduate Institute and an M.A. in U.S. history from Cal State Northridge. In their private practice, Melody and her husband Ron (a marriage and family therapist), work with couples and individuals facing relationship challenges. They also conduct workshops for pre-engaged couples: Before You Pop the Question, and married couples: Happily Married After. Dr. Bacon is also a teacher and administrator for the Chicago School of Professional Psychology in Southern California where she chairs the Marital and Family Therapy program. She is passionate about blending the insights of psychology with spiritual formation practices and has been inspired by writings of Calvin Miller, John Eldridge and Alan Jones, among others. Her training in Jungian analytic psychology has given her tremendous respect for the ways in which God reveals himself, particularly through

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dreams. She endeavors to stay at least one step ahead of her clients in learning the lessons that God has to teach. Periodically, she and her husband test the limits of their marriage and spiritual commitment on the golf course.

### **Falling in Love for All the Right Reasons**

Offers techniques for helping chronically inflexible children, shows how brain-based deficits contribute to these problems, and suggests ways to calm things down.

### **Making Marriage Simple**

Life is stressful, but when you are too busy (or tired) to find some time for sexual intimacy, it can really seem unbearable. The 7 Days of Sex Challenge makes it easy for busy couples like you to find some fun time together because it ELIMINATES the stress of figuring out what you need to do for 7 days that will be new and creative to try. You really HAVE to try new things in your sex life or you'll both get bored. This boredom leads to your love life being no less stressful than the rest of your life. As C.S. Lewis once said, "Sex that is too serious is deprived of the romp and fun that is essential to a healthy enjoyment of sex." Who's this book for? Couples wanting to have sex for 7 days straight. Couples looking to spice up their sex life. Couples who need a guide to keep on track. Couples ready to have fun

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in their marriage. After reading this book, you'll be armed with the knowledge on what you need to do to have your own 7 Days of Sex Challenge. Every year our marriages need to be growing and it is important for you to accomplish something that will set it up for a lot of growth. What's in the book? Move sex to the top of your calendar Change it up and make love in different places Pray together over your sex life Your wardrobe sets the mood Letting loose and having fun Your spouse is depending on you to enhance your marriage in a way that will honor both of you. This marriage-changing information is brought to you by two of the most inspiring marriage professionals with years of experience offered to you in the pages of this brand new eBook. It's a must-read for anyone who is married.

### **Screamfree Parenting**

In this groundbreaking book, Michele Weiner-Davis gives straightforward, effective advice on preventing divorce and how couples can stay together instead of coming apart. Using case histories to illustrate her marriage-enriching, divorce-preventing techniques, which can be used even if only one partner participates, Weiner-Davis shows readers: \* How to leave the past behind and set attainable goals \* Strategies for identifying problem-solving behavior that works—and how to make changes last \* "Uncommon-sense" methods for breaking unproductive patterns Inspirational and accessible, Divorce Busting shows readers in pain that working it out is better than getting out.

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## **7 Days of Sex Challenge**

Draws on extensive research, counseling workshops with couples and the authors' own 30-year relationship to distill basic, provocative truths about marriage and provide essential tools for rendering a marriage more rewarding and positive. 50,000 first printing.

## **The Missing Piece Meets the Big O**

“Just . . . genius.”—Buzzfeed Life with kids just got easier with these 134 ingenious hacks developed by parents just like you. Put the ketchup under the hot dog, minimizing the mess. Strap baby into a forward-facing carrier when you need to trim her fingernails—it frees your hands while controlling the squirming. Or stash a wallet in a disposable diaper at the beach—who would ever poke through what looks like a used Pampers? All these hacks are easy to do, are boldly illustrated, and use everyday items in unexpected ways. And the range—from pregnancy and postpartum, through sleep, eating, bath time, travel, and more—covers all the most critical years when parents really need a little extra help.

## **The Essential Guide to Raising Complex Kids with ADHD, Anxiety, and More**

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Offers strategies for helping children with their homework that involves getting parents to balance their involvement, overcome their fixed parenting styles, adopt a positive leadership role, and figure out their child's approach as a student.

### **Self-Parenting**

Explains how to resolve inner conflicts, includes advice on compensating for the poor parenting one received as a child, and suggests self-parenting exercises

### **The Self-Centered Marriage**

The missing piece sat alone waiting for someone to come along and take it somewhere. The different ones it encounters - and what it discovers in its helplessness - are portrayed with simplicity and compassion in the words and drawings of Shel Silverstein.

### **Hands Free Mama**

The Essential Guide to Raising Complex Kids is an honest guide on how to be an effective parent and when raising children with ADHD, anxiety, and other complex conditions--and how to guide them on a path to a healthy, happy, well-adjusted

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life. A wake-up call, a clear guide for action, and a message of inspiration, this book provides a reality-based recipe for how to do a masterful job of raising complex kids, while not making yourself (or your family) crazy in the process. ADHD parenting expert Elaine Taylor-Klaus, founder and CEO of ImpactADHD.com, will walk you through her proven coach-approach method, which shows all parents, in simple steps, how to identify challenge areas and how to use critical response tools to parent simply, clearly, and effectively—for everyone's benefit. It doesn't matter if your child has ADHD, or anxiety, or learning disabilities, or sensory processing, or ODD, or autism, or depression, or separation disorder—or celiac disease or food allergies, for that matter. All that really matters is this: your child is complex because there is a chronic medical condition (or several) that he, or she, or they need to learn to manage for themselves in order to be successful in life. A coach approach will help you communicate, collaborate, and guide your kids on their path to independence. Here are some of the challenge areas addressed inside, and the coach-approach method for working through them. Challenge: Feeling Like You've Tried Everything --> Coach-Approach: Letting Go Challenge: Fearing for the Future --> Coach-Approach: Parenting from Inspiration, Not Desperation Challenge: An Unhappy Home --> Coach-Approach: No One Gets to Be Wrong--The Benefits of Positivity Challenge: Overwhelm Is Keeping You Stuck --> Coach-Approach: Focusing on What's Most Important Once you learn the coach-approval model, it can be applied to any situation—in fact, the more you use it, the easier it all becomes. Constant battles don't have to be part of your daily life. With

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The Essential Guide to Raising Complex Kids, you can (all) learn to thrive.

### **No More Perfect Moms**

The owner of the highly successful online matchmaking service eHarmony shares advice on finding one's soul mate.

### **The Explosive Child**

Classic 1921 poem with beautiful artwork.

### **The Grace Filled Divorce**

Thrilled about editing Sweet Valley's newspaper, The Oracle, Elizabeth encounters near disaster when her staff comes down with the flu and she is accused of plagiarism. Original.

### **Creative Correction**

Offers activities readers can do in minutes a day to restore and strengthen a marriage.

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### **Yell Less, Love More**

"Create a personal brand that tells customers how you're different from your competition and builds your relationship with them daily. With action plans, insights and case studies, *The Brand Called You* is your guidebook to attracting the best customers, growing your business, and making more money than ever." -- back cover.

### **Only Love Today**

Draws on the author's Positive Parenting Solutions online course to explain how to correct negative behaviors in children, introducing the psychological theories of Alfred Adler on using empowerment to promote healthy child development.

### **75 Habits for a Happy Marriage**

If you have ever forgotten to pick up your kids, accidentally worn two different shoes to the grocery store, or lost your cool over a messy house, **YOU ARE NOT ALONE!** In *No More Perfect Moms*, Jill Savage says it how it is: All moms struggle. We fall short of our own standard of excellence, and then we feel insecure about not being the perfect wife with the perfect kids, perfect husband, perfect home,

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perfect friends, perfect marriage, and perfect body... Jill speaks to the root of the insecurities mothers feel and points to a better way. No More Perfect Moms will help a mom: Change her unrealistic expectations to realistic hopes Give grace and love to her husband and children even during struggles, and discover the beauty of grace when she stops judging herself and others Find freedom from disappointment when she embraces her real family, her real challenges, and her real, but imperfect, life With refreshing honesty, Jill exposes some of her own parental shortcomings and helps mothers everywhere shelve their desires for perfection and embrace God's beautiful grace. When moms do this, they can learn to love their real but imperfect lives.

### **Raising Good Humans**

Outlines a four-step program for decluttering a home, increasing a child's sense of security, scheduling down time, and instilling calmness in the face of hectic environments.

### **Setting Limits with Your Strong-Willed Child**

Although learning to enjoy a variety of foods is an exciting stage in a baby's life and a natural part of development, many parents feel slightly daunted by the

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prospect of introducing solids to their babies' diets. Weaning and First Foods makes it easy to get off to a good start. It explains when to start, what foods to offer first - and how to prepare them - and then advises on adding foods in step with a baby's development. It gives guidance on overcoming food refusal and dealing with 'picky' eaters.

### **To Love, Honor, and Vacuum**

Drawing from her own family's experiences and from interaction with other parents, Lisa Whelchel offers creative solutions for parents who are out of ideas and desperate for new, proven approaches to discipline. In addition to advice on topics such as sibling conflict and lying, Whelchel offers a biblical perspective and down-to-earth encouragement to parents who are feeling overwhelmed. A handy reference guide that provides ideas for specific situations rounds out this resource that will be a blessing to parents and their children. Now in softcover.

### **Elizabeth Betrayed**

In this examination of mainstream Christian parenting practices and the doctrinal beliefs behind them, best-selling author L.R.Knost debunks common cultural and theological beliefs about spanking, original sin, sin nature, submission, authority,

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obedience, breaking a child's will, and more along with providing grace-filled, gentle solutions to behavior issues.

### **If I Have to Tell You One More Time**

The author of ScreamFree Parenting counsels couples on how to maintain calm in the face of conflict, offering anecdotal insight into such topics as taking responsibility only for oneself, staying committed and addressing common issues. Reprint.

### **Screamfree Parenting**

After life is shattered by loss or a traumatic experience--whether big or small--it can seem impossible to heal or even move on. Deep down you believe God intends good for you, but you just don't have the energy or strength to figure out how to move forward. Author Laurie Pawlik has been there, and here she shares how she flourished despite multiple losses. Through practical tips and thought-provoking questions, she helps you take small yet powerful steps toward healing and letting go. She also offers insights and encouragement from the lives of strong women in the Bible. You'll glimpse the painful losses these women experienced and learn how they flourished despite seasons of hardship and grief. You'll discover how God

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shows His presence and power in the valleys, deserts, and storms. And you'll feel a fresh sense of hope that, with God, you can redefine yourself, remake your life, and grow forward into a beautiful new season.

### **Touched by Africa**

In this fully revised and expanded second edition, Setting Limits author Robert MacKenzie is back with even more time-proven methods for dealing with misbehavior and creating positive, respectful, and rewarding relationships with children prone to acting out and disobedience. Disruptive misbehavior, constant power struggles, manipulative or aggressive behavior--the challenges facing parents and teachers of strong-willed children can seem overwhelming at times. That's why thousands of parents and educators have turned to the solutions in Setting Limits With Your Strong-Willed Child. This revised and expanded second edition offers the most up-to-date alternatives to punishment and permissiveness--moving beyond traditional methods that wear you down and get you nowhere, and zeroing in on what really works so parents can use their energy in more efficient and productive ways. With fully updated guidelines on parenting tools like "logical consequences," and examples drawn directly from the modern world that children deal with each day, this is an invaluable resource for anyone wondering how to effectively motivate strong-willed children and instill proper conduct. From the Trade Paperback edition.

## **Thirty Million Words**

\*Nominated for the Books for a Better Life Award\* The founder and director of the Thirty Million Words Initiative, Professor Dana Suskind, explains why the most important—and astoundingly simple—thing you can do for your child’s future success in life is to talk to him or her, reveals the recent science behind this truth, and outlines precisely how parents can best put it into practice. The research is in: Academic achievement begins on the first day of life with the first word said by a cooing mother just after delivery. A study by researchers Betty Hart and Todd Risley in 1995 found that some children heard thirty million fewer words by their fourth birthdays than others. The children who heard more words were better prepared when they entered school. These same kids, when followed into third grade, had bigger vocabularies, were stronger readers, and got higher test scores. This disparity in learning is referred to as the achievement gap. Professor Dana Suskind, MD, learned of this thirty million word gap in the course of her work as a cochlear implant surgeon at University of Chicago Medical School and began a new research program along with her sister-in-law, Beth Suskind, to find the best ways to bridge that gap. The Thirty Million Word Initiative has developed programs for parents to show the kind of parent-child communication that enables optimal neural development and has tested the programs in and around Chicago across demographic groups. They boil down to getting parents to follow the three Ts: Tune in to what your child is doing; Talk more to your child using lots of descriptive

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words; and Take turns with your child as you engage in conversation. Parents are shown how to make the words they serve up more enriching. For example, instead of telling a child, “Put your shoes on,” one might say instead, “It is time to go out. What do we have to do?” The lab's new five-year longitudinal research program has just received funding so they can further corroborate their results. The neuroscience of brain plasticity is some of the most valuable and revolutionary medical science being done today. It enables us to think and do better. It is making a difference in the lives of both the old and young. If you care for children, this landmark book is essential reading. From the Hardcover edition.

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