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The Conscious Parent A Radical Awakening The Awakened Family Superpowered The Awakened Family Out of Control Happy for No Reason It's A Mom ! Dear White Women Light on the Other Side of Divorce Moms Moving On Hands Free Life Summary of Dr. Shefali Tsabary's The Conscious Parent The Parenting Map The Conscious Parent's Guide To ADHD Show Up for Yourself DIY Summary Of: the Conscious Parent by Dr.

Shefali Tsabary 10% Happier No-Drama Discipline Workbook for a Radical Awakening by Dr. Shefali Summary of A Radical Awakening India, that is Bharat The Most Powerful You How to Talk So Kids Will Listen & Listen So Kids Will Talk The Present Mother Parenting with Presence The "Perfect" Parent Mason's Greatest Gems Reclaiming Pleasure The Republic of India Twisted in a Positive Way Broken Open Soul to Soul Parenting The Self-

Aware Parent Zen Parenting Mindsight Boundary Boss Parenting Right From the Start Summary and In-Depth Analysis of Radical Awakening by DR SHEFALI TSABARY Letters from Berlin

The author discusses how parental overconcern with discipline can lead to adult dysfunction for a child later in life and argues for a better relationship with children based on communication,

respect, and an emphasis on personal responsibility. The New York Times bestselling author and renowned clinical psychologist teaches women how to transcend their fears and illusions, break free from societal expectations, and rediscover the person they were always meant to be: fully present, conscious, and fulfilled. *A Radical Awakening* lays out a path for women to discover their inner truth and powers to help heal others and the planet. Dr. Shefali helps women uncover the purpose that already exists within them and harness the power of authenticity in every area of their lives. The result is an eloquent and inspiring,

practical and accessible book, backed with real-life examples and personal stories, that unlocks the extraordinary power necessary to awaken the conscious self. Create a *Life You Love After Divorce #1 New Release in Divorce* Offering a well-researched and tested method for recovering from the heartbreak of divorce, Dr. Elizabeth Cohen brings her highly successful Afterglow process to you in *Light on the Other Side of Divorce*. Don't just move on after you break up—thrive. You deserve love and affection. Dr. Elizabeth Cohen has been there—she really, truly knows how it feels to have your life derailed by divorce. As a therapist who has

worked with hundreds of divorcing clients, she has developed the Afterglow method, which teaches you how to rediscover a life of growth, change, and abundance post-breakup. This program has been informed by her own healing journey and is based primarily on research-supported strategies, resulting in a balanced method that takes advantage of modern psychology and science, while also remembering what it feels like to dive into the emotional divorce-recovery journey. Set yourself up for success. It's true—letting go and moving forward can be hard. But if you read this book and try the exercises, you will see change.

You will feel different. You will feel a positive shift in your life and your attitude. People in your life will comment that you look different. You will get more sleep, feel at ease, and have more hope. In *Light on the Other Side of Divorce*, you will learn about:

- Tools for handling self-defeating thoughts and stopping self-doubt
- State-of-the-art therapeutic approaches to managing fear, overwhelm, and deprivation
- Active strategies to make lasting positive changes and see results

Readers of divorce books for women and men like *This Is Me Letting You Go* by Heidi Priebe, *Conscious Uncoupling* by Katherine Woodward Thomas,

and *Rebuilding* by Bruce Fisher and Robert Alberti will find joy after heartbreak with *Light on the Other Side of Divorce*. *I Wish I Had Read This Book Before I First Became A Mother!* It Takes A Refreshingly Honest Look At The Intense Emotional Journey Of Becoming A Mother For The First Time And Validates All The Feelings New Mothers Experience But Are Afraid To Acknowledge. Priyanka Gandhi Vadra *Bringing Your First-Born Into The World Actually Means The Birth Of A Whole New You*, *Says First-Time Mother And Toddler-Survivor Shefali Tsabary*. *While Everyone Fusses Over The Little Bundle, You Re Going To Have To*

Overcome The Feeling Of Your Life Being Taken Over And Turned On Its Head (While Your Body Has Been Transformed Into Something Just As Unrecognizable). You Ll Have To Learn To Take Pleasure In Being A Mother Through The Utter Helplessness Of The Initial Days, The Extreme Fatigue Resulting From Sleepless Nights, And The Overwhelming Responsibility Of Shaping Another Life. *It S A Mom!* Gives You Invaluable Advice On How To Handle Your Baby And Yourself In Every Imaginable Situation. From Feeding And Burping And Establishing Sleeping Patterns To Tackling Your Toddler S Tantrums, This

Book Outlines Effective Techniques That Will Make Bonding With Your Baby A Pleasure. And It Gives You The Crucial Tip That Your Ever-Eager-To-Advise Relatives Forget To Mention: You Have A Life Beyond Your Baby And A Body And Mind, And Spouse To Reconnect With. Shefali Tsabary Has Written A Book Of Profound Personal Insight, With The Courage To Confront Her Actual Experiences And Extract Wisdom From Solutions That She Found Helpful. Roni Beth Tower, Ph.D, Diplomate In Clinical Psychology Kathy Caprino guides women to take the reins in their careers by identifying and overcoming the 7 most damaging power gaps

holding them back from the success they want and deserve. The business world has been forever changed by the important progress and contributions that women have made. Yet, with only 38% of manager roles and 22% of C-suite positions being held by women, women continue to struggle to achieve the reward, respect, and authority they have earned. In these pages, career executive and leadership coach Kathy Caprino helps women conquer the 7 destructive power gaps within the workforce, outline the key steps you can take to access greater positive power, and become the true author of your life. Through riveting real-

life success stories of women overcoming these gaps, and proven strategies and solutions from more than 30 of the nation's top experts in fields that are essential to women's success, the exercises in The Most Powerful You will equip you with the strength to: See yourself more powerfully (Brave Sight) Speak more confidently (Brave Speak) Ask for and receive what you deserve (Brave Ask) Connect to your advantage with influential support (Brave Connection) Challenge and change negative behavior toward you (Brave Challenge) Be of service in more meaningful ways (Brave Service) Heal from past trauma and challenge (Brave Healing)

Most importantly, *The Most Powerful You* will reconnect you to the thrilling dreams you once had for your life and empower you to take the necessary steps to reclaim that dream while making your positive impact in the world. The host of the top ranked Zen Parenting podcast and mother of three reveals a calmer, more self-aware parenting approach for parents to effectively teach and support their children: say less, but listen more. We can't always plan for what's next—that's been made more and more clear in the past few years. The truth is that life is never predictable, especially as parents. What is possible is your unlimited capacity for

compassion, and caring—for yourself and for your children. As you navigate the uncertainty with openness and humility, you find the clarity, connection and community that is Zen Parenting. Using the seven chakras, therapist Cathy Cassani Adams discusses parenting issues such as school pressure, self-care, emotional intelligence, mental health, sexuality and gender, and more, while offering concrete examples and strategies to help you wake up to your life as a parent: Chakra One—The Right to Be: Establish your physical, emotional, and mental foundation Chakra Two—The Right to Feel: Practice creativity and how to access

your emotions Chakra Three—The Right to Act: Establish a sense of self for yourself and your kids Chakra Four—The Right to Love and Be Loved: Experience openheartedness, empathy, and compassion Chakra Five—The Right to Speak and Hear Truth: Discover genuine and meaningful communication Chakra Six—The Right to See: Explore mindfulness, meditation, and your own intuition Chakra Seven—The Right to Know: Connect to something greater than yourself “This book is my new favorite guide for parenting, to be sure. But it's also a master class in a life well-lived.” —Dr. John Duffy, author of *Parenting*

the New Teen in the Age of Anxiety and The Available Parent "As he does every Saturday afternoon, Mason is digging next to the old swing when he finds a handful of items for his treasure collection... Mason's greatest gems is a story about finding hidden gems inside yourself, with an introduction to the concept of virtues for children."--Back cover. **NEW YORK TIMES BESTSELLER** • The pioneering experts behind *The Whole-Brain Child* and *The Yes Brain* tackle the ultimate parenting challenge: discipline. "A lot of fascinating insights . . . an eye-opener worth reading."—Parents Highlighting the fascinating

link between a child's neurological development and the way a parent reacts to misbehavior, *No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without causing a scene. Defining the true meaning of the “d” word (to instruct, not to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation. Inside this sanity-saving guide you'll discover •

strategies that help parents identify their own discipline philosophy—and master the best methods to communicate the lessons they are trying to impart • facts on child brain development—and what kind of discipline is most appropriate and constructive at all ages and stages • the way to calmly and lovingly connect with a child—no matter how extreme the behavior—while still setting clear and consistent limits • tips for navigating your child through a tantrum to achieve insight, empathy, and repair • twenty discipline mistakes even the best parents make—and how to stay focused on the principles of whole-brain parenting and discipline

techniques Complete with candid stories and playful illustrations that bring the authors' suggestions to life, No-Drama Discipline shows you how to work with your child's developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family. Praise for No-Drama Discipline "With lucid, engaging prose accompanied by cartoon illustrations, Siegel and Bryson help parents teach and communicate more effectively."—Publishers Weekly "Wow! This book grabbed me from the very first page and did not let go."—Lawrence J. Cohen, Ph.D., author of The Opposite

of Worry #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir "An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation." —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre

adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything

from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives. 9. When one mother dares to open her mind, cherish the stress of her mothering challenges, and turn it into a deeper connection with her children, it inspires other mothers to make the same radical transformation in their lives. Through your mothering struggles, The Present Mother facilitates you toward your own spiritual enlightenment. Part

intimate memoir and part self-inquiry workbook, it demonstrates an effective way to see and release the root cause of any type of disconnection you have with your child. It shows you exactly how to question the thoughts that cause any kind of confusion, dissatisfaction or stress you experience in your mothering. It shows you exactly how to use those same thoughts to unlock your inner peace, happiness, and a deepest connection imaginable with your child using this 40-day parenting workshop with your own spiritual guide: Yourself. With ingredients from the fields of Mindfulness, Neuroscience,

Child Development, Yoga, and Spiritual Enlightenment, The Present Mother shows you a way to: -Understand the root cause of your parenting challenges with complete clarity and begin again in truly enjoying being a parent; -Work with your own thoughts so you can stop passing on any kind of unproductive patterns to your child and instead, pass on what you want; -Shed any guilt you feel over what you've said or done to your child in the past and repair your relationship so you can be a positive influence on your child again; -Melt away your worries about your child and instead, have quick, easy, complete access to your wisdom, creativity, kindness

and joy;-Stop any doubts you have in your mothering abilities so you can more consistently be the powerful, loving leader you want to be for your child;- Be a fully present mother in body, mind and spirit. A revolutionary new parenting method by the New York Times bestselling author of The Conscious Parent and The Awakened Family. Every parent is capable of raising happy, healthy, and emotionally grounded children. Despite this, too many of us struggle along the journey. From the fast-changing realities of social media to the fear that permeates our culture, to the generational expectations that are unconsciously placed on

children, the pressures on parents and children have reached a critical moment. We feel it and our children feel it. But there is a solution. With over two decades experience working directly with parents, acclaimed clinical psychologist and multiple bestselling author Dr. Shefali offers a profoundly practical and groundbreaking parenting solution that helps parents actualize their deepest desires for their children. This step-by-step guide disrupts toxic inherited patterns and replaces them with authentic connections that allow us to see and respond to our children for who they are and who they can become. The result is that our children emerge more

empowered, healthy, and thriving in the freedom of their true expression. Complete with paradigm shifting wisdom, illuminating client stories, and detailed practices, The Parenting Map is that evidenced based, solution-oriented manual that every parent has been searching for and the one that we all wish our parents had. If we are open to it, we can learn a great deal about ourselves through parenting. When we can tap into this wonderful gift of self-awareness, we naturally become better parents. Parenting endures from a child's birth to adulthood, and there are new and important lessons for us to embrace at

every age. Through a series of relatable essays, Cathy Cassani Adams highlights the rich learning moments in our everyday experiences with children. Practical, yet profound, lessons emerge: - Taking care of yourself makes you a better parent -Accepting your children for who they are is the key to their self worth - Talking about feelings is essential at every stage of development -Understanding children's misbehavior makes discipline less daunting - Slowing down and simplifying makes parenting more enjoyable -Practicing self awareness leads to a healthy and trusting relationship with your children You Can Stop

Fighting With Your Children!
Here is the bestselling book that will give you the know-how you need to be more effective with your children and more supportive of yourself. 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. Their methods of communication, illustrated with delightful cartoons showing the skills in action, offer innovative ways to solve common problems. Shefali Tsabary's invaluable book shows how the challenges of parenting can

become a great opportunity for spiritual awakening. From a pioneer in the field of mental health comes a groundbreaking book on the healing power of "mindsight," the potent skill that allows you to make positive changes in your brain-and in your life. Foreword by Daniel Goleman, author of Emotional Intelligence • Is there a memory that torments you, or an irrational fear you can't shake? • Do you sometimes become unreasonably angry or upset and find it hard to calm down? • Do you ever wonder why you can't stop behaving the way you do, no matter how hard you try? • Are you and your child (or parent, partner,

or boss) locked in a seemingly inevitable pattern of conflict? What if you could escape traps like these and live a fuller, richer, happier life? This isn't mere speculation but the result of twenty-five years of careful hands-on clinical work by Daniel J. Siegel, M.D. A Harvard-trained physician, Dr. Siegel is one of the revolutionary global innovators in the integration of brain science into the practice of psychotherapy. Using case histories from his practice, he shows how, by following the proper steps, nearly everyone can learn how to focus their attention on the internal world of the mind in a way that will literally change the wiring and

architecture of their brain. Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients. And now he has written the first book that will help all of us understand the potential we have to create our own lives. Showing us mindsight in action, Dr. Siegel describes • a sixteen-year-old boy with bipolar disorder who uses meditation and other techniques instead of drugs to calm the emotional storms that made him suicidal • a woman paralyzed by anxiety, who uses mindsight to discover, in an unconscious memory of a

childhood accident, the source of her dread • a physician—the author himself—who pays attention to his intuition, which he experiences as a "vague, uneasy feeling in my belly, a gnawing restlessness in my heart and my gut," and tracks down a patient who could have gone deaf because of an inaccurately written prescription for an ear infection • a twelve-year-old girl with OCD who learns a meditation that is "like watching myself from outside myself" and, using a form of internal dialogue, is able to stop the compulsive behaviors that have been tormenting her These and many other extraordinary stories illustrate

how mindsight can help us master our emotions, heal our relationships, and reach our fullest potential. Disclaimer: THIS SHORT AND VALUABLE PUBLICATION IS AN INDEPENDENT WORK OF VIKKYPRINT. This book is the Summary and in-depth Analysis OF Radical awakening By DR SHEFALI TSABARY Scroll up and click on the BUY button Genius Reads is wholly responsible for this content and isn't associated with the author in any way. Text Copyright © Genius Reads Note to Readers: This is an unofficial Workbook for "A Radical Awakening" by Dr. Shefali Tsabary designed to enrich your reading experience

Workbook for A Radical Awakening by Dr. Shefali Tsabary Clinical psychologist, teacher, and best selling author Dr. Shefali shares her understanding and insights in modern womanhood and asks the question: How can women unlearn the millennia of cultural control, and live authentically? A Radical Awakening is a passionate and engaging account of how women can discard the generations of conditioning that subjugates and controls them, and rebuild their inner self to be stronger and more self-fulfilled. In this Workbook for A Radical Awakening, we've distilled some of the ideas and debates raised by Dr. Shefali on how

women might challenge their entrenched patterns of behavior and free themselves from the conditioning that rules their lives. We've utilized multiple learning styles with detailed summaries, lessons, and goals, plus bulleted checklists and action plans to help readers digest and comprehend the ideas expanded on in the book. Throughout the book you will find: Summaries These summaries are concise overviews of each chapter, drawing key themes and learning outcomes. Within them you'll discover: The key themes that Dr. Shefali wants us to take away from the book Insights suggested by the

author into how culture has shaped modern womanhood
Examinations of the ideas that Dr. Shefali puts forward in the book
Lessons Activities based on some of the key ideas and approaches put forward by Dr. Shefali.
Stocktaking lessons that allow the reader to look at their own values and beliefs about modern womanhood
Points of reflection that offer the reader an understanding of their own conditioning and how they might learn how to live authentically .
Opportunities for discussion on how individuals can push through cultural expectations and establish boundaries.
Goals A brief dissection of the main idea of each chapter: A concise

overview of the main ideas that Dr. Shefali puts forward in each chapter. Important features and context for the chapters. Breakdown of the arguments observed by Dr. Shefali and points of debate.
Checklists These bullet-pointed lists include: Distilled concepts of how Dr. Shefali has addressed cultural indoctrination
Breakdowns of what we should assess, discard and embrace in order to build our well-being. Plans and strategies on how we might move forward as free and liberated individuals
Action Plan This is a chance for the reader to build their own personal ideas on how they might resist cultural

indoctrination during times of crisis. Ideas include:
Suggestions and ideas for how the reader might adopt a healthier self-image and internal world. Long-term plans for the individual on how they can reduce the myriad of anxieties imposed by cultural controls. Questions one should ask when reframing themselves and their realities
If you want to have an informed understanding of how women can reconnect with the best of themselves then click buy now!!
Everyone wants to be happy--yet so many people are unhappy today. What are they doing wrong? Clearly, a new approach is needed. Self-help guru Shimoff presents three

new ideas and a practical program to change the way readers look at creating happiness in their lives: 1. Happiness is not an emotion, a spike of elation or euphoria, but a lasting, neuro-physiological state of peace and well-being. 2. True happiness is not based on what people do or have--it doesn't depend on external reasons or circumstances. 3. Research indicates that everyone has a happiness set-point. No matter what happens to a person, they will tend to return to a set range of happiness. This book shows how you can actually reprogram your set-point to a higher level.--From publisher description. FINALIST FOR

THE BOOKS FOR A BETTER LIFE AWARD • NEW YORK TIMES BESTSELLER "Parents . . . you will be wowed and awed by [Dr. Shefali]." —Oprah Winfrey As seen on Oprah's SuperSoul Sunday, a radically transformative plan that shows parents how to raise children to be their best, truest selves, from the New York Times bestselling author of *The Conscious Parent*. What if...? What if I told you that you can put an end to all of your parenting struggles? That you can learn to parent without fear or anxiety? That you can end conflict with your children? That you can create close and connected relationships within your family? ...Would you

accept this invitation to a revolution in parenting? We all have the capacity to raise children who are highly resilient and emotionally connected. However, many of us are unable to because we are blinded by modern misconceptions of parenting and our own inner limitations. In *The Awakened Family*, I show you how you can cultivate a relationship with your children so they can thrive; moreover, you can be transformed to a state of greater calm, compassion and wisdom as well. This book will take you on a journey to transcending your fears and illusions around parenting and help you become the parent

you always wanted to be: fully present and conscious. It will arm you with practical, hands-on strategies and real-life examples from my experience as a parent and clinical psychologist that show the extraordinary power of being a conscious parent. Everyone in your family is ready to be awakened. Will you take this journey with me? —Shefali

Spanning decades in the heart of Mushin, Lagos Nigeria, this coming-of-age tale of a charming heroine unfolds delicately and is based on the story of a young girl, Adaugo who faces difficult odds. The loss of a loved one and navigating cultural expectations and gender roles

are major themes in this personal narrative documenting the growth and learning of a young girl with big dreams. As Adaugo listens to the still small voice within her, her growth from a young girl in boarding school to a precocious brave woman is studded with precious gems of divine insight. Her journey is one that any person, young or old will learn from as it illustrates the beauty and triumph of dreaming big and never giving up. Summary of A Radical Awakening - Turn Pain into Power, Embrace your Truth, Live Free - A Comprehensive Summary In this book, Dr. Shefali explains what it means to be a woman,

and challenges the stereotypes women go through daily. She addresses the uncomfortable topic of sexuality and what it means to be sexually awakened. Dismantling the patriarchy, are both a job for women AND men. Patriarchy is a societal structure where men have power and predominance roles in social privileges, politics and moral authority. This book covers a large scope of subjects including addressing the main faces of the ego, lies about motherhood, beauty, and youth, marriage, divorce, and love. This book embraces fearless boundaries, sovereignty, purpose, embracing the inner parent, detachment, compassion, and

emptiness. This book will help you uncover your inner self. Here is a Preview of What You Will Get: □ A Full Book Summary □ An Analysis □ Fun quizzes □ Quiz Answers □ Etc Get a copy of this summary and learn about the book. From the bestselling author of *The Girl from Munich* and *Suitcase of Dreams* comes an unforgettable tale of love, courage and betrayal inspired by a true story Berlin, 1943 As the Allied forces edge closer, the Third Reich tightens its grip on its people. For eighteen-year-old Susanna Göttmann, this means her adopted family including the man she loves, Leo, are at risk. Desperate to protect her loved

ones any way she can, Susie accepts the help of an influential Nazi officer. But it comes at a terrible cost – she must abandon any hope of a future with Leo and enter the frightening world of the Nazi elite. Yet all is not lost as her newfound position offers more than she could have hoped for ... With critical intelligence at her fingertips, Susie seizes a dangerous opportunity to help the Resistance. The decisions she makes could change the course of the war, but what will they mean for her family and her future? 'An original and innovative take on the World War II genre that captures the hauntingly desperate essence of the war. Tania Blanchard

has written yet another spectacular novel. Don't miss this.' Better Reading Get ready for a parenting makeover! If you're a parent today, you face extreme pressure to get everything exactly "right"—a pursuit of perfection that probably makes parenting feel hard. It encourages you to worry about whether you're doing a good enough job, and to wonder if your kids will turn out okay. In *The "Perfect" Parent*, Roma Khetarpal puts all of that agony to rest. She explains that the key to a fulfilling parenting experience is to stop chasing an ideal and instead use your inner perfection to nurture a strong, communicative connection with

your children—which will lead them to be happy, think positive, and do good. Drawing from the fields of personal growth and emotional intelligence and distilling cutting-edge scientific research, Khetarpal leads you through five communication tools designed to help parents strengthen their bond with their kids and handle the doubt, guilt, worry, and fear that often accompany the challenges of raising children. Along the way, she shares helpful, humorous real-life stories taken from the popular parenting classes she’s taught for years, as well as easy-to-remember exercises—such as “Dealing with the Feeling” and

“Take Five”—for use in common family situations. With this short, useful, and enjoyable guide, you will be equipped with the simple tools you need to build a relationship with your kids that lasts a lifetime. Includes a “Perfect’ parent toolbox! In this book, her follow-up to the bestseller Discipline Without Damage, Dr. Lapointe advises new parents how to put their child on a path to optimal development during the crucial early years. The baby and toddler years are the most important period for any child’s emotional and psychological development. Parents naturally want to do what’s best for their kids, but they often struggle to know

what that is, especially when dealing with the big “battlegrounds” of sleep, feeding, and managing aggression. The latest scientific research indicates that it is through a strong and stable sense of connection to their parents that children learn how to regulate their emotions, master social skills, and develop a sense of identity. Unfortunately, many of the currently accepted parenting practices and traditional attitudes disrupt healthy connection rather than foster it, leading to behavioral issues and emotional problems that can last into adulthood. Dr. Lapointe helps parents to understand how mindful and

conscious parenting can help them to avoid passing unhealthy patterns down from one generation to the next. Rooted in compassion and understanding, *Parenting Right From the Start* shows parents how to build a firm, caring presence in the early years that a child can lean into for a lifetime. "Dear white women: please do us all a favor and buy this book....Then READ IT."
—Kate Schatz, New York Times bestselling author *WHAT CAN I DO TO HELP?* This is a question that many seemingly well intentioned White people ask people of color. Yet, it places the responsibility to educate on their peers, friends, colleagues, and even strangers,

rather than themselves. If you've ever asked or been asked "What can I do to help combat racism?" then *Dear White Women: Let's Get (Un)comfortable Talking About Racism* is the answer you're looking for. From the creators of the award winning podcast *Dear White Women*, this book breaks down the psychology and barriers to meaningful race discussions for White people, contextualizing racism throughout American history in short, targeted chapters. Sara Blanchard and Misasha Suzuki Graham bring their insights to the page with: Personal narratives
Historical context
Practical tips
Dear White Women challenges

readers to encounter the hard questions about race (and racism) in order to push the needle of change in a positive direction. PRAISE FOR *DEAR WHITE WOMEN*: "Dear White Women: Let's Get (Un)comfortable Talking About Racism is a book that needs to be read by all people."
—Shanicia Boswell, Author and Founder of Black Moms Blog
"This gentle but firm guide will appeal to readers interested in putting the concept of anti-racism into action."
—Publishers Weekly "Smart, insightful....Sara Blanchard and Misasha Suzuki Graham provide a blueprint for thinking through the hard questions, recognizing that crossing

identity lines requires intentional and continuous practice." —Ji Seon Song, Acting Professor of Law, University of California at Irvine "The invisibility of Native Americans from U.S. society must be a part of our racial reckoning, something Sara Blanchard and Misasha Suzuki Graham have taken care to address in this thoughtful look at race in America." —Crystal Echo Hawk (Pawnee Nation of Oklahoma), Founder and Executive Director of IllumiNative Imagine 2 scenarios In the first one you have just finished reading *The Conscious Parent*. It was a great book and you remember that it mentioned a lot of smart

things. But you can't remember much of it now as you close the book. In the second scenario you have just finished the same book. The difference now is that you have a deep understanding for what you have read, structured notes about key take aways and a great reference for the future. Most people will find themselves in scenario one after finishing *The Conscious Parent*. This is because there is a big difference between reading a book and really reading a book. We believe that reading is an investment. You spend time with a book because you hope that it will make you happier, healthier, wealthier or smarter. But

simply just reading a great book is not enough. You have to understand how the information applies to your life and take notes to help you remember. DIY Summary helps you do just that and makes it easier for you to make real changes from the books you read. Please note: This is a companion version & not the original book. Sample Book Insights: #1 One morning, my daughter woke me up with great excitement. The fairy has left you an amazing present, she whispered. See what the tooth fairy left you! I found a one dollar note, torn in half down the middle. I was speechless. I realized that this was a moment in which how I

responded could make or break my child's spirit. #2 When raising children, it is important to remember that you are not raising a mini version of yourself, but a unique spirit with its own signature. It is important to separate who you are from who your children are. #3 When we as parents have lost our inner compass, we end up imposing on our children our own vision for them, which robs them of their right to live out their destiny. #4 The way we parent affects our children. Whether we like it or not, our children pay a heavy price when we lack consciousness. They are unhappy because, coming from unconsciousness, we bequeath to them our own

unresolved needs, unmet expectations, and frustrated dreams. NEW YORK TIMES BESTSELLER • This inspiring guide to healing and growth illuminates the richness and potential of every life, even in the face of loss and adversity—now updated with additional toolbox materials and a new preface by the author In the more than twenty-five years since she co-founded Omega Institute—now the world's largest center for spiritual retreat and personal growth—Elizabeth Lesser has been an intimate witness to the ways in which people weather change and transition. In a beautifully crafted blend of moving stories, humorous

insights, practical guidance, and personal memoir, she offers tools to help us make the choice we all face in times of challenge: Will we be broken down and defeated, or broken open and transformed? Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, loss of a job or a loved one—stronger, wiser, and more in touch with their purpose and passion. And she draws on the world's great spiritual and psychological traditions to support us as we too learn to break open and blossom into who we were meant to be. India, That Is Bharat, the first book of a comprehensive trilogy, explores the influence of

European 'colonial consciousness' (or 'coloniality'), in particular its religious and racial roots, on Bharat as the successor state to the Indic civilisation and the origins of the Indian Constitution. It lays the foundation for its sequels by covering the period between the Age of Discovery, marked by Christopher Columbus' expedition in 1492, and the reshaping of Bharat through a British-made constitution—the Government of India Act of 1919. This includes international developments leading to the founding of the League of Nations by Western powers that tangibly impacted this journey. Further, this work also traces the origins of

seemingly universal constructs such as 'toleration', 'secularism' and 'humanism' to Christian political theology. Their subsequent role in subverting the indigenous Indic consciousness through a secularised and universalised Reformation, that is, constitutionalism, is examined. It also puts forth the concept of Middle Eastern coloniality, which preceded its European variant and allies with it in the context of Bharat to advance their shared antipathy towards the Indic worldview. In order to liberate Bharat's distinctive indigeneity, 'decoloniality' is presented as a civilisational imperative in the spheres of nature, religion, culture,

history, education, language and, crucially, in the realm of constitutionalism. Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you've overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychologist and grounded in cutting-edge research, *Reclaiming Pleasure* picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in

order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma Move beyond feelings of shame Reclaim pleasure and reignite passion in your life Surviving is merely the first step in the process of recovery from sexual trauma. With this sex-positive and empowering guide, you are invited to take your recovery to the next level. You'll feel emboldened by the

desire for better sex, healthier relationships, and a more connected, pleasurable life. This New York Times and USA TODAY bestseller is the perfect tool for children facing new social and emotional challenges in an increasingly disconnected world! This how-to book from two psychology experts--packed with fun graphics and quizzes--will help kids transform stress, worry, and anxiety. Give it to fans of The Confidence Code for Girls and Raina Telgemeier's Guts. Now more than ever, kids need to feel empowered as they work through anxiety, overwhelm, and uncertainty brought on by the world around them. With its helpful, hands-on

suggestions and tips, SUPERPOWERED will be embraced by every kid with insecurities, worries, and anxious thoughts. Renee Jain (founder of GoZen!) and Dr. Shefali Tsabary (New York Times bestselling author and Oprah contributor) make readers the superheroes of their own stories. They introduce a toolkit of easy-to-understand methods for recognizing anxious behaviors, identifying the root causes of worried thinking, and realizing that strength can be found in reclaiming one's inner superpowers. With the help of humorous artwork and interactive elements, readers find their P.O.W.E.R. (an

acronym that inspires mindfulness and resilience practices) and gain lasting mental strength. "New from the New York Times bestselling author of *The Conscious Parent* comes a radically transformative plan that shows parents how to raise children to be their best, truest selves," -Amazon.com." *Break Free From Over-Functioning, Over-Delivering, People-Pleasing, and Ignoring Your Own Needs So You Can Finally Live the Life You Deserve!* Most of us were never taught how to effectively express our preferences, desires or deal-breakers. Instead, we hide our feelings behind passive-aggressive behavior, deny our

own truths, or push our emotions down until we get depressed or so frustrated that we explode, potentially destroying hard-won trust and relationships. The most successful and satisfied people on the planet have one thing in common: the ability to create and communicate clear, healthy boundaries. This ability is, hands down, the biggest game changer when it comes to creating a healthy, happy, self-determined life. In *Boundary Boss*, psychotherapist Terri Cole reveals a specific set of skills that can help you stop abandoning yourself for the sake of others (without guilt or drama) and get empowered to consciously take control of

every aspect of your emotional, spiritual, physical, personal, and professional life. Since becoming a Boundary Boss is a process, Cole also offers actionable strategies, scripts, and techniques that can be used in the moment, whenever you need them. You will learn:

- How to recognize when your boundaries have been violated and what to do next
- How your unique "Boundary Blueprint" is unconsciously driving your boundary behaviors, and strategies to redesign it
- Powerful boundary scripts so in the moment you will know what to say
- How to manage "Boundary Destroyers"—including

emotional manipulators, narcissists, and other toxic personalities • Where you fall on the spectrum of codependency and how to create healthy, balanced relationships This book is for women who are exhausted from over-giving, overdoing, and even over-feeling. If you're getting it all done but at the expense of yourself, give yourself the gift of Boundary Boss. An integrative method for helping children focus and learn! If your child has been given a diagnosis of ADHD, you may be feeling overwhelmed and unsure of what to do next. With The Conscious Parent's Guide to ADHD, you will learn how to take a relationship-

centered approach to parenting that engages your child and ensures that he succeeds behaviorally, socially, and cognitively. Conscious parenting is about being present with your child and taking the time to understand how to help him flourish. By practicing this mindful method, you can support your child emotionally and help nurture his development. With this all-in-one guide, you can create a plan that not only addresses the challenges a child with ADHD faces, but also creates a mindful, less stressful atmosphere for the whole family. You'll be able to: Honor your child's unique learning style Adapt a conscious

parenting philosophy that works for everyone Understand treatment options and weigh the pros and cons of medication Lower stress levels for the entire family, including other siblings Learn how a mindful approach can be combined with other treatments Help your child focus at home and school Focus on your child's strengths as well as weaknesses Encourage your child to achieve his goals When both you and your child are more mindful and relaxed, your child can learn to focus, gain independence, and thrive both in school and out. Our children can be our greatest teachers. Parenting expert Susan Stiffelman writes that

the very behaviors that push our buttons — refusing to cooperate or ignoring our requests — can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, *Parenting with Presence* teaches us how to become the parents we most want to be while raising confident, caring children. “Shows parents how they can transform parenting into a spiritual practice.” — Eckhart Tolle, author of *The Power of Now* “Clear, wise, soulful, and poetic.” — Alanis Morissette We all yearn to look

back to find we lived a life of significance. But is it even possible anymore? Considering the amount of distraction and pressure that exists in society today, living a fulfilling life may seem like an unachievable dream. But it is not—not with the nine habits outlined in this book. New York Times bestselling author and widely known blogger, Rachel Macy Stafford, reveals nine habits that help you focus on investing in the most significant parts of your life. As your hands, heart, and eyes become open, you will experience a new sense of urgency—an urgency to live, love, dream, connect, create, forgive, and flourish despite the distractions of our culture.

By following each daily Hands Free Declaration, you will be inspired to adopt mindful daily practices and new thought-processes that will help you:

- Make meaningful, lasting human connections despite the busyness of everyday life.
- Live in the now despite that inner nudge pushing you out of the moment toward perfection and productivity.
- Protect your most sacred relationships, as well as your values, beliefs, health, and happiness, despite the latent dangers of technology and social media.
- Pursue the passions of your heart without sacrificing your job or your daily responsibilities.
- Evaluate your daily choices to insure you

are investing in a life that matters to you. With a Hands Free Life perspective, you will have the power to look back and see you didn't just manage life, you actually lived it—and lived it well. "[This book] is a guidebook for parents using modern, everyday reality and universal, life-affirming themes to expand spiritual awareness in the home. It is non-denominational in nature and focuses on principles such as soul to soul versus role to role, oneness, self-love, boundaries, authenticity, joy and gratitude inviting spiritual development for both parent and child" -- p. [4] of cover. Trust your gut,

take care of yourself, and find new life on the other side with this empowering guide to divorce for moms. We hear about it all the time on the news. The divorce rates are rising. More children are being raised in split up homes. But you didn't think it would happen to you. Luckily, you're not alone. Popular divorce coach Michelle Dempsey-Multack not only survived her own divorce, but figured out how to move on with her life, just like you will, too. Now happily remarried with a blended family, she's living proof that no matter which "firsts" you might be experiencing as you end your

marriage, and no matter how long you stayed with someone who didn't meet your needs, your best days are ahead. Mom's Moving On is filled with practical, actionable, and empowering advice from someone who has been through it and has come out the other side. Through Michelle's guidance, you'll learn how to navigate your divorce with confidence, adjust to life as a single mother, and shift your perspective to find your way back to your best self. From coparenting to dating as a single mother, you'll learn how to truly move on and create the life you deserve.