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12 Steps To Self Parenting

*Rosemary O'Connor brings her
many years of experience working
with women in recovery to
addressing the key life issues*

Page 1/167

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mothers face at all stages of their recovery path. Recovering from an addiction is tough enough, but when you throw in the tremendous responsibilities of motherhood, resisting cravings and remaining abstinent—much less enjoying the

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rewards of sobriety—can seem like an impossible challenge. Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path. At once

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affirming, engaging, and practical, A Sober Mom's Guide to Recovery combines down-to-earth advice with the inspiring stories of recovering moms, including the author's, to offer guidance on over fifty vital topics, including stress, relapse,

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relationships, sex and intimacy, spirituality, shame, gratitude, dating, and, of course, parenting. The result is an inspirational and practical handbook, not just for getting through the day, but for building a sense of well-being that radiates

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outward, allowing you to be present with your kids and loved ones, and find hope for the future.

Since their creation, the 12-Steps of A.A. have given millions a path to recovery from addiction. The impact of the 12-steps on our culture and

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people worldwide has been huge. Dozens of versions and conditions have been created based on the original 12-Steps. Yet the 12-Steps are also flawed in the eyes of many, and they are incomplete, leaving them open to resistance and

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discredit. But now, the 12-Steps are given the complete update they've needed to be effective in our more complex culture. By filling in the missing parts, the 12-Steps are both destroyed and made even stronger at the same time. Questions are

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answered and the entire cycle of addiction can finally be understood. The Anti-12 Steps illustrate what the 12-Steps really are and what they really do.

"Parenting Teenage Boys" Let's talk about how you can form a bond with

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your teenage son by establishing boundaries and gaining mutual respect, in this essential guide for parents of teenage boys.

Sometimes, it's hard to have a line of communication with your teenage son and this book can help you

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learn how to listen to his needs. This is an essential guide for parents of teenage boys. Parenting is never easy, but teenage boys present special challenges that must be prepared for prior to adolescence and then met with

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sensitivity and a strong motivation to build up and not tear down. Your teen boy is struggling with his identity and his place in the world. You're his guide. Parents are not pulling their sons into the adult world - they're guiding them towards

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it, with a steady, patient and observant hand.

This award winning book tells a mother's story of raising her son Michael, who was born missing a submicroscopic piece of chromosome 22. That tiny missing

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fragment of DNA affected every aspect of his life physically, mentally, and spiritually. Michael's mother describes her adventures and misadventures with the medical system, educational system, and legal system during his growing up

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years. While Michael and his mother were both yearning for normal through their struggles, they were also learning acceptance of life as it is with all its glory and imperfections.

The Solution Is to Become Your

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*Own Loving Parent
The Manual for Perfectly Imperfect
Parenting
Mentoring Your Child to Win
An Effective, Easy-to-Use Program
for Teaching Self-Control
Loving Parent Guidebook*

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*One Dad's Recipe for Raising
Winning Kids
Homecoming
Sober Dad*

12 steps 12 stories is an enjoyable and helpful children's book which provides those involved in

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recovery with a fresh new resource to use when approaching the younger members of their family. A valuable tool with a strong spiritual emphasis for families to explore and enjoy together, these 12 stories will

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assist parents, grandparents, relatives, counselors, therapists, and members of the clergy to begin to discuss the spiritual principles behind the steps. Based on the proven success of Alcoholics Anonymous, this

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simple and inspiring book offers age appropriate stories to coincide with each step in the twelve step recovery process. Included after each story is a follow-up guide to encourage additional conversation and exploration. Her beautifully

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illustrated book will ease the loneliness, fear, and confusion that a child may feel but is unable to express. These stories help children understand the nature of the changes in their home that accompany recovery in a language

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they can grasp. True prevention work begins by reaching out to young children of alcoholics in an effort to avoid continuing the family legacy and generational issues of addiction. Debra believes children can overcome the

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dramatic effects of living in a home the struggles with substance abuse. Additionally, she encourages others to include children in the recovery process in their home.

There are times when what a

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youngster does or says is absolutely baffling to mom or dad. How can 15-year-old Sarah spend hours prepping her hair and not give one second to cleaning her room? Likewise, what's wrong with 10-year-old Mark who knows

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he shouldn't bully his little brother but does so anyway? Certainly parents want answers, and no one is surprised when a parent falls back on interrogating a child or teen with repeated "Why?" or "What were you

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thinking?"
questions. Unfortunately,
searching for the reasons children
behave as they do by asking the
ubiquitous "Why?" is ultimately
unsuccessful and, frankly,
irrelevant. "I don't know,"

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"Because," or "I wasn't thinking," is the usual child response, resulting in frustrated parents and youngsters who feel embarrassed, stupid or annoyed. Drs. Charles C. Larson and John B. Dockstader, each with more than thirty years

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of experience working with parents and youngsters, advise parents to step back from situations such as those described and offer, instead, techniques for evaluating and solving family problems without needing to know

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“Why?”. The authors counsel parents how to determine if a problem exists, who owns the problem and who is best equipped to solve it. Numerous real-life examples are presented to illustrate the problem-solving

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process and solutions. In Parenting Without Guilt, parents learn not only to solve family problems, but also why the challenges parents and youngsters face today are more demanding than ever before. In addition, parents are guided

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through each stage of child development, from birth to young adulthood, with attention to typical problems any parent may anticipate. Resources that parents can use to help them resolve family discords are discussed, to

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include working with educators, clergy, pediatricians, private practitioners and others. With compassion, humor and wisdom gained through practical experience, Drs. Larson and Dockstader offer information and

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advice that provides any parent with the skills to raise successful children without guilt, anxiety or distress.

Outlines a four-step program for decluttering a home, increasing a child's sense of security,

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scheduling down time, and instilling calmness in the face of hectic environments.

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

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and suggests self-parenting
exercises

Overcoming Their Hurtful Legacy
and Reclaiming Your Life

Parenting With Awareness

Simplicity Parenting

Parenting Your Out-of-Control

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Teenager

7 Steps to Reestablish Authority
and Reclaim Love

A Parent's Guide to Practical
Problem Solving

Using the Extraordinary Power of
Less to Raise Calmer, Happier,

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and More Secure Kids

The Highly Acclaimed Method for
Liberating Your Inner Self
Core Guidelines for the Self-
Parenting Practitioner.

This is the official ACA

Fellowship Text that is Adult

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Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12

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Tradition anonymous program. Explains how to experience at first hand the portion of one's personality that feels emotions and is playful, and tells how to use this experience for personal healing

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"The Resilient Woman brings together many effective theories on empowerment, parenting, self-esteem, self-care, and independence to provide a guidebook for woman of any age. Understanding and getting

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past the fear of releasing old ways of being opens the door to a future based on what really matters to you. As you discover ways to build your life from a foundation that is uniquely your own, you will release the dreams

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and hopes of the past that
caused pain and
failure."--Amazon.

The Lowdown on Families who
Get High
Learning Acceptance
Parenting Without Guilt

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How to Form a Bond, Turn
Problem Behaviors,
Communicate and Listen to Your
Teenage Son
The Codependency Connection
Stress-Free Parenting in 12
Steps

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Trauma and the 12 Steps,
Revised and Expanded
An Inclusive Guide to Enhancing
Recovery

Most children learn to stop
throwing temper tantrums, lying,
refusing to go to bed or take a

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bath at an early age. But some have trouble with impulsivity and self-control, problems that, if left unchecked, can lead to more serious long-term issues that can even cross the line into crime and delinquency. This book offers a

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sound and safe step-by-step program for heading off conflict and getting your child to cooperate. This step-by-step approach concentrates on the most common out-of-control behaviors the author has

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encountered in his extensive work with parents and children. It advises you on the finer points of effective discipline, including eye contact, body language, tone of voice, and word choice. You'll learn a uniquely effective strategy

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for managing an out-of-control child: the behavior contract. With this technique, you can establish clearly what you expect from your child and make clear the consequences when he or she does-or does not-exercise

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behavior control. With a little effort and patience and a lot of love, this guide will help you control and find peace with even the most defiant child.

This book offers practical and effective ideas that parents can

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immediately implement at home to help their children get good grades in school, and position them for success in college, career and life. When a child is born parents feel on top of the world, but stress and

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exhaustion can soon take over, leaving nerves frayed. In this concise, practical book Christiane Kutik highlights twelve simple steps for bringing some peace, composure and enjoyment back into everyday family life. She

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bases her approach on providing a solid underlying structure to family life, with clear roles, rules, routine and respect. She goes on to show how your family can grow together through incorporating enjoyable rituals, being

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responsive to your children, giving them the support they need and the space to develop their own abilities. She discusses ways to introduce moments of calm and spiritual connection into everyday life. She also stresses the

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importance of parents trying to make a little time for themselves to reflect on life and relax. This is a book written specifically for parents with no time and little energy -- short, easy-to-absorb and easy-to-implement steps to

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quickly improve family life. This is the story of a successful father describing his approach to parenting, making us think and consider what will make our children happy and successful individuals. Ravi Mahendra is a

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father of three young girls and he is passionate about parenting. He has personally gone on a journey of learning and developing the relationship between him and his daughters. Ravi delights in seeing his children become bigger and

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better individuals. Ravi believes passionately that parenting is about dedication and focus. The book is based on the principle that you are the best teacher for your children; you can pass on your knowledge and experience to help

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to support the best development of your child. The parent is the figure of authority, with immense responsibility for decisions regarding the children. This book draws out the benefits of really pro-actively grasping the

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responsibility and making the decisions rather than running with the flow. The real strength of this book lies with the thought process on determining priorities, characteristics and values that will produce successful children.

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It will inspire you to look at your parenting approach with a fresh set of eyes and help you to succeed on your chosen path. The book uses well-chosen examples from the world of business, politics and historical figures to

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really illustrate what success means and what needs to be done to achieve it. Ravi uses connection of business ideas and stories with parenting to bring a fresh perspective on children's upbringing. . The book is drawing

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interesting connection from management and business theories to really focus on children leading successful lives. At a practical level, the book offers a vast array of examples on managing the prosaic day-to-day

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issues. Unless the practical challenges are resolved, it becomes very difficult to manage the more advanced parenting questions. Ravi does a great job in visualising the impact of our actions now on the children in the

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future. Ravi Mahendra lives with his three daughters in London. His career spans many areas: he has built a renowned business school in his native Sri Lanka, written business columns for newspapers and is a prize-winning

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Qualified Accountant with an MBA. Ravi is currently working as Global Finance leader in a large insurance organisation and he is also a regular blogger on LinkedIn. His aim is to live life to the fullest and to raise his

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children as successful and content individuals.

The Anti-12 Steps

Resistance Is Everything

Parent with Literature and Build

Your Unique Child's Perfect Little

Library

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Reclaiming & Championing Your
Inner Child

The 12 Steps to Self-Parenting for
Adult Children

Self-parenting 12-step Workbook
12 Steps 12 Stories

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*Most children are afraid
of the dark. Some fear
monsters under the bed.
But at least ten percent
of children have
excessive fears and
worries—phobias,*

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separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If

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your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now

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in its second edition, Helping Your Anxious Child has been expanded and updated to include the latest research and techniques for managing child anxiety. The book

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offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also

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find out how to relieve your child's anxious feelings while parenting with compassion. Inside, you will learn to: Help your child practice "detective thinking" to

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*recognize irrational
worries What to do when
your child becomes
frightened How to gently
and gradually expose
your child to
challenging situations*

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*Help your child learn
important social skills
This book has been
awarded The Association
for Behavioral and
Cognitive Therapies Self-
Help Seal of Merit—an*

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award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate

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*scientifically tested
strategies for
overcoming mental health
difficulties. Used alone
or in conjunction with
therapy, our books offer
powerful tools readers*

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can use to jump-start changes in their lives.

The 12 Steps to Self-Parenting for Adult ChildrenHCI

Provides a step-by-step guide through the self-

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*parenting process of
transforming a negative
inner parent into a
positive one*

*Suggests how parents can
develop their own
insights into child*

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rearing, how to comprehend the children's behavior, and how to cope with situations in ways most beneficial to the child's well-being

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*Parents Talk, Children
Listen*

*Alcoholic/dysfunctional
Families*

*Windows to Your Inner
Child*

The Self-Parenting

Page 81/167

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Program

*Helping Your Anxious
Child*

The Resilient Woman

*Peaceful Parent, Happy
Kids*

Steps Workbook

Page 82/167

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In Homecoming John Bradshaw one of the world's leading figures in the field of psychology and recovery, explains his revolutionary techniques to reveal the inner child. He believes that the wounds we receive during childhood and adolescence can continue to

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contaminate our adult lives. His methods explained clearly in this book, help people to reach back to the child inside and heal those wound.Homecoming includes unique questionnaires which allow readers to work through John Bradshaw's world-famous inner

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child course themselves. There are specifically designed exercises that allow you to reclaim and nurture your inner child, so that you as an adult can grow and move on. 'Three things are striking about inner child work' says John Bradshaw. 'The speed with which people change

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the depth of that change, and the power and creativity that can result when the wounds from the past are healed For more information on John Bradshaw please visit www.johnbradshaw.com

There is no bigger issue for healthy infants than sleeping through the

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night. In this simple, straightforward book, Suzy Giordano presents her amazingly effective "Limited- Crying Solution" that will get any baby to sleep for twelve hours at night—and three hours in the day—by the age of twelve weeks old. Giordano is the

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mother of five children and one of the most sought-after baby sleep specialists in the country. The Washington Post calls her a baby sleep "guru" and "an underground legend in the Washington area for her ability to teach newborns how to achieve that parenting nirvana:

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sleeping through the night." Her sleep plan has been tested with singletons, twins, triplets, babies with special needs, and colicky babies—and it has never failed. Whether you are pregnant, first-time parents, or parents who seek a different path with your second or

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third child, anyone can benefit from the Baby Coach's popular system of regular feeding times, twelve hours of sleep at night and three hours of sleep during the day, and the peace of mind that comes with taking the parent and child out of a sleep- deprived world.

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Describes twelve steps, based on the twelve steps of Alcoholics Anonymous, designed to help adult children of alcoholics nurture their inner child and gain self-acceptance.

You are a parent and with that title comes both endless joy and

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incredible responsibility. You have the opportunity to mold and shape your child in any way imaginable, and that fact alone is scary and overwhelming. Stop thinking you have to do it all by yourself! In The Intentional Bookshelf author, blogger, and bibliophile-mama,

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Samantha Munoz shares how her daughter's carefully curated bookshelf has saved her sanity as a parent and can save yours, too. Through actionable tips, thoughtful personal stories, and tongue in cheek humor, Sam teaches you: The value of literature for parents

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and children How to plan and build your child's library The types of books to choose from How to organize your shelves Unique activities to go outside the book and more! The choice is yours; either struggle through parenting with no backup or learn to craft a

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library of resources that is a reflection of your child and your family. (Hint, if the second option sounds amazing this book is for you!)"

Escape from the Land of the Hungry Ghosts

How to Talk So Kids Will Listen &

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**Listen So Kids Will Talk
Above & Beyond
A Sober Mom's Guide to Recovery
Spiritual Messages of Recovery for
Children and the Child in You.
Taking Care of Yourself to Take
Care of Your Kids
Parenting Your Out-of-Control Child**

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Twelve Hours' Sleep by Twelve Weeks Old

The twentieth anniversary edition of the best-selling parenting guide includes updated information as well as the practical, sensible advice that made the book a classic to begin with.

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*Original. 44,000 first printing.
Every teenager rebels against authority at some point--talks back, breaks curfew, or disobeys. But literally millions of teens take their rebellion to a point where it disrupts their families and endangers their own futures or*

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even their lives. If one of these teens is yours, you've probably lived through years of conflicting advice and pat solutions that don't last. Finally, this breakthrough guide from a master therapist will show you the seven steps to positive, permanent change for you

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and your teenager: 1. Learn the real reasons for teen misbehavior. 2. Make an ironclad contract to stop that behavior. 3. Troubleshoot future problems. 4. End button-pushing. 5. Stop the "seven aces" -- from disrespect to threats of violence. 6.

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Mobilize outside help. 7. Reclaim lost love within the family. Clear, compassionate, and packed with real-life solutions to real-life problems, Parenting Your Out-of-Control Teenager gives parents the tools they need to turn their families' lives around

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for good.

Admit it. You've been looking for that once-in-a-lifetime opportunity to show everyone the great man you know you are. Well, congratulations. That moment is here. You are a parent (or you're about to become one). A father!

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A sober dad. If the word sober led you to pick up this book, you are on the right track. You know you want to be a sober dad. Physically sober.

Emotionally sober. Here's your guide to giving up being a "guy" and to becoming a better man, so that you

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become a better dad. You aren't going to get everything right. Everything isn't going to be perfect. Perfectly imperfect is okay. Your role as a dad will last a lifetime. You'll soon see that perfection isn't the point. Showing up, being present, getting up, and trying

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again with your eyes wide open and crystal clear—that's what counts.

That's what separates the guys from the sober dads. Those are the things your kids will remember.

Presents a self-help guide for overcoming post-traumatic stress

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disorder and codependency, outlining a twelve-step program focused on promoting healing and the development of independence and self-reliance.

An Interpretation and Guide for Recovering

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Winner Kids

A Step-by-Step Guide for Parents

*The 7 Breakthrough Keys How a Single
Former Welfare*

Understanding the Twelve Steps

Toxic Parents

A Good Enough Parent

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Recovery of Your Inner Child

This is the companion workbook to the official ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families

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(ACA) is an independent 12 Step and 12 Tradition anonymous program. The ACA Fellowship Text was written by anonymous ACA members providing guidance on working the 12 Step ACA program leading to recovery from the effects of growing up in an alcoholic or otherwise

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dysfunctional family.

When the authors of The Solution said that "The Solution is to become your own loving parent," they really meant it. Becoming your own loving parent by developing your reparenting skills can change your life. The goal of reparenting is to give

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ourselves what we needed to receive as children but did not. Reparenting won't change the past, but it can transform the way you relate to it and help you change how you live today. Parenting with Awareness blends old age wisdoms, new age concepts and current child development research

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to create a unique approach to parenting which honors the integrity of childhood. In today's competitive society parents have bought into the myth that they are solely responsible for molding their child's intelligence, talents and ultimate success creating enormous pressure to be the perfect

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parent. Our good intentions and expectations for our children to be better than average result in over-programmed, over-stressed families. Children are crying out for us to do better. They are showing us numerous signs that currently our way of raising children is not working.

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Less play, more structured activities and parental pressure to excel are creating children who are obese, exhibiting signs of stress, depression and anxiety in unprecedented numbers. We are all suffering. Often the opportunity to enjoy parenthood has dwindled down to a fleeting

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moment in an overloaded schedule. Marcie draws upon experts, sages and experience inviting parents to embark on a process of self-discovery to uncover their innermost passions, values, dreams and expectations for their children. It takes honest, secure parents who are at peace with

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themselves, free of ego demands, to be able to unconditionally love a child into adulthood. Whether you are a new parent just embarking on your parenting journey or a seasoned parent, these ideas will present a new way to explore life and approach parenting that will create children

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who are self-empowered, self-disciplined and self-motivated. Parenting from these principles will encourage and permit children to live in their own pace, driven by their own passions and dreams, while not trying to fit a patterned mold of conformity. Brain research has proven that

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children learn through experimentation. This book offers playful ways to teach children to embrace life with all of its wonder and potential through hands-on creative, fun activities designed for ages five and above. These inspiring projects coincide with guided

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conversations that will teach children self-awareness and self-reliance. They will also offer opportunities to develop the essential qualities of trust; intuition, passion, gratitude, confidence, compassion, courage, morality and patience as they strive to become successful, compassionate

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human beings. Children are born with open minds and hearts. They are eager to learn all that we have to teach. If we allow them to explore new ideas and assimilate the ones they resonate to, they will become empowered to create their own destiny. They will begin to appreciate

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their own uniqueness and value that in others. They will see the similarities in the human spirit and build respect for each other's differences. This is founded in the hope of creating the understanding that we are all in search of the same things on this journey called life - unconditional

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love, happiness and peace.

Provides advice and insight on the impact that addiction has on parenting and the family.

Parenting Teenage Boys

The Complete Guide to Your Inner Conversations

How to Help Your Child Get Good

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Grades in School, and Position Them for Success in College, Career & Life
Healing Trauma Through Self-Parenting

The Intentional Bookshelf

A Book on Child-rearing

How to Talk to Your Children So That They Will Listen and Obey

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Enlightening Our Children and Ourselves Through New Age Wisdoms, Hands on Activities and Guided Conversations

The bestselling five-week program to improving the disruptive child's behavior--now updated and revised

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Based on more than 40 years of collective research, parents and longtime child behavior experts Dr. Rex Forehand and Dr. Nicholas Long have devised a program to help you find positive and manageable solutions to your

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child's difficult behavior. Now in a revised and updated edition, Parenting the Strong-Willed Child is a self-guided program for managing disruptive young children based on a clinical treatment program. This hands-on guide provides you with a

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step-by-step, five-week program toward improving your child's behavior as well as the entire family's relationship. Providing you with the necessary tools for successfully managing the difficult child, the book covers specific

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factors that cause or contribute to a child's disruptive behavior; ways to develop a more positive atmosphere in your family and home; actual reports by parents of difficult children; strategies for managing specific behavior

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problems; how to tell if your child might have ADHD; and more.

Offers information on understanding and applying the steps in everyday life and interprets the principles behind the AA program

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A groundbreaking guide to raising responsible, capable, happy kids
Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her

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message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents

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better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-

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tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right "consequence," look no further. You're about to discover the

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practical tools you need to transform your parenting in a positive, proven way.

BONUS: This edition contains an excerpt from Dr. Susan Forward's *Men Who Hate Women and the Women Who Love Them*. When

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you were a child... Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did

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your parents do anything to you that had to be kept secret? Now that you are an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your

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parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward

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drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-

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you and your entire life in the process. The simple secret: Arlene became a mentor to her son by following a simple original system. Now you can use Arlene's "Road Map to 21st Century Parenting" system to help your children avoid negative outside

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influences and achieve great things, so they become what they were meant to become. In "Mentoring Your Child To Win: The 7 Breakthrough Keys How A Single Former Welfare Mom Raised A Multi-Millionaire Kid," you'll discover:

- The 7 Keys to 21st

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by-step guidance, inspiration, and help for parents and guardians to modernize parenting with a new breakthrough approach to interface with these troubled times. In addition, the book reveals:

- Detoxing Your Mind: An Innovative Way to De-stress
- How

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To Effortlessly Organize Your Day • Keeping The Love Alive In Spite Of Dishes, Laundry and Texting “ Mentoring is the new way, ” Arlene says. “ I raised my son to excel while on welfare. It's because I blended parenting with mentoring that my son

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became so extraordinary, successful, and a living role model of my work. Helping all parents bring out the best in their children, whatever that might be, is now my passion. ” Arlene believes that true wealth comes from the wisdom of the one who is shaping a

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child's life. Her book will guide you on an incredible new journey toward that end. Mentoring Your Child To Win: The 7 Breakthrough Keys – How A Single, Former Welfare Mom Raised A Multi-Millionaire Kid brings solutions for parenting in the 21st Century.

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all the different stages of their development. It offers sound advice on how to get your child to open up to you, how to make them listen and how to talk to them about sensitive subjects. This guide answers your questions on how to establish a successful parent-

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child communication. In this book, you'll find: - The Importance of Healthy Communication between Parents And Children - Obstacles That We Face In Parent-Child Communication - Ways to Establish Your Authority Over Your Children -

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Sometimes we ask: "Why does it have to be so hard?" Our dissatisfaction or unhappiness has nothing to do with what goes on in the outside world. It has everything to do with our thoughts about what happens, and how we feel inside. This book offers practical ways

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to create structure and order to chaos through the blending of stress management techniques, techniques from 12 step programs, and eastern philosophy in a systematic way to accelerate growth and change, because the pain and fear underlying any life in

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chaos is in need of a direct and compassionate approach. Here you will find a practical and revolutionary new look at how our brains work under stress, how spirituality develops, and techniques that will banish stress from your life!

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An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous

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(AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too triggering, or the space

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too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the first place. Advances in addiction medicine, trauma,

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neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in

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recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care. Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's

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approach treats the whole person--not just the addiction--to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills that:

- Explains how trauma

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impacts addiction, recovery, and relapse • Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks • Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research •

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Explains the differences between being trauma-informed and trauma-sensitive; and

- Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

Core Guidelines for the Self-Parenting

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Practitioner

Self-Parenting

Mastering the 7 Steps to Personal
Power