

A short eBook designed to quiet your mind and settle your body. You have what it takes to be an excellent parent. You have all the answers within you; all you need to do is tap into that space and trust your instincts. Learn to listen to your intuition and break free from the tendencies that lead you to become a frantic, stressed-out parent. A leader in mindfulness psychology, Dr. Elisha Goldstein demonstrates how to use the space between stimulus and response to break free from habitual beliefs and thoughts that don't serve you in becoming the best parent you can be. These techniques will allow you to connect to the present moment to make deep, permanent life changes. In essence, this book teaches the foundation for how the now—this very moment—can change the rest of your life.

The Edge of Darkness (Dark War Chronicles Book 5), Storm Warned (The Grim Series), Games People Play: The Psychology of Human Relationships, Curves To Claim 3: (BBW Paranormal Shape Shifter Romance) (Curves For The Alpha Series), Love Again, First Surrender (The Serafina: Sin City Series Book 1),

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offers wise and simple guidance that is immediately helpful, compassionate and playful.  
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