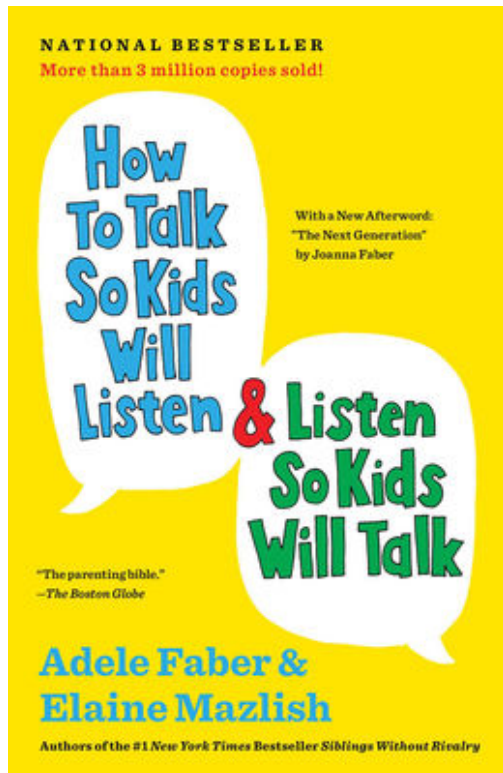


Télécharger Livres Gratuit How to Talk So Kids Will Listen & Listen So Kids Will Talk (PDF | ePub | Mobi) Adele Faber download-free



The ultimate "parenting bible" (*The Boston Globe*) with a new foreword—and available as an ebook for the first time—a timeless, beloved book on how to effectively communicate with your child from the #1 *New York Times* bestselling authors.

Internationally acclaimed experts on communication between parents and children, Adele Faber and Elaine Mazlish "are doing for parenting today what Dr. Spock did for our generation" (*Parent Magazine*). Now, this bestselling classic includes fresh insights and suggestions as well as the author's time-tested methods to solve common problems and build foundations for lasting relationships, including innovative ways to:

- Cope with your child's negative feelings, such as frustration, anger, and disappointment
- Express your strong feelings without being hurtful
- Engage your child's willing cooperation
- Set firm limits and maintain goodwill
- Use alternatives to punishment that promote self-

discipline

- Understand the difference between helpful and unhelpful praise
- Resolve family conflicts peacefully

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

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