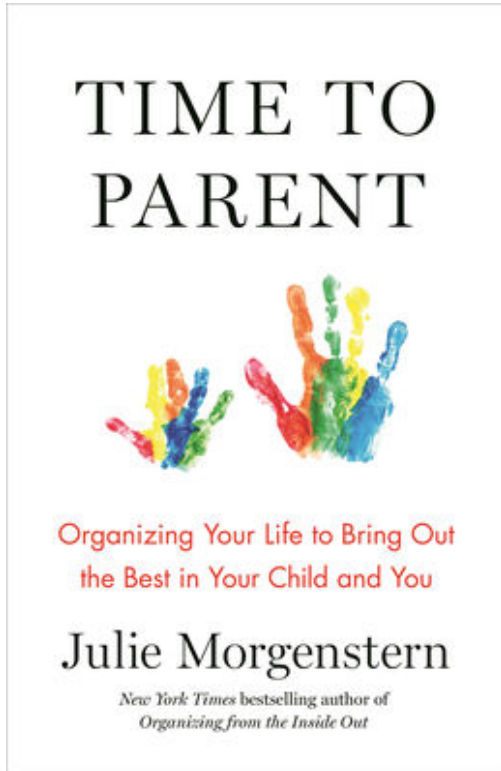


Télécharger Livres Gratuit Time to Parent (PDF | ePub | Mobi) Julie Morgenstern download-free



In *Time to Parent*, the bestselling organizational guru takes on the ultimate time-management challenge—parenting, from toddlers to teens—with concrete ways to structure and spend true quality time with your kids.

Would you ever take a job without a job description, let alone one that requires a lifetime contract? Parents do this every day, and yet there is no instruction manual that offers achievable methods for containing and organizing the seemingly endless job of parenting. Finding a healthy balance between raising a human and *being* a human often feels impossible, but Julie Morgenstern shows you how to harness your own strengths and weaknesses to make the job your own. This revolutionary roadmap includes:

A unique framework with eight quadrants that separates parenting responsibilities into actionable, manageable tasks—for the whole bumpy ride from cradle to college.

Simple strategies to stay truly present and focused,

whether you're playing with your kids, enjoying a meal with your significant other, or getting ahead on that big proposal for work.

Clever tips to make the most of in-between time—Just 5-15 minutes of your undivided attention has a huge impact on kids.

Permission to take personal time *without* feeling guilty, and the science and case studies that show how important self-care is and how to make time for it.

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