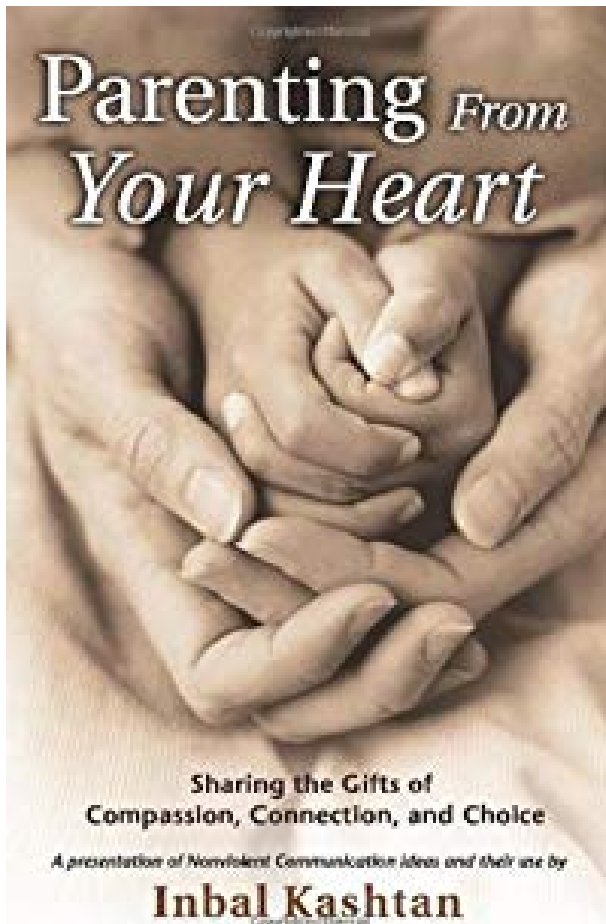


Parenting From Your Heart: Sharing the Gifts of Compassion, Connection, and Choice



Author:	Inbal Kashtan
ISBN10:	1892005085
Goodreads Rating:	4.22
Published:	September 1st 2004 by Puddledancer Press
Genre:	Parenting
ISBN13:	9781892005083
Language	English
Pages:	48

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Parenting that Promotes Peace—Parents everywhere want to connect compassionately with their children, to show them love and offer guidance even in difficult moments. In this packed and practical booklet, Inbal Kashtan describes how the practicing the Nonviolent Communication (NVC) process can transform parenting to promote peace for generations to come. Whether you're parenting a teenager or an infant, the parenting help and guidance you'll find in this booklet will transform your challenges and conflicts into opportunities to parent from your heart. Find NVC-based parenting tips and ten practical exercises to foster trust and improve cooperation even in the most trying circumstances. Learn how to make connection your top priority, share power in your family and inspire open dialogue that promotes mutual understanding.