Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life PDF

*Billint ... a powerful case for understanding children's behavior and misbehavior using the lens of self-regulation."

Engage with Life

DR. STUART SHANKER

by Dr. Stuart Shanker : **Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life** ISBN : #0143110411 | Date : 2017-07-04

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PDF-5b14c | There's no such thing as a bad kid. That's what a lifetime of experience has taught Dr. Stuart Shanker. No matter how difficult, out of control, distracted, or exhausted a child might seem, there's a way forward: self-regulation. Overturning decades of conventional wisdom, this radical new technique allows children and the adults who care for them to regain their composure and peace of mind.... *Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life*

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