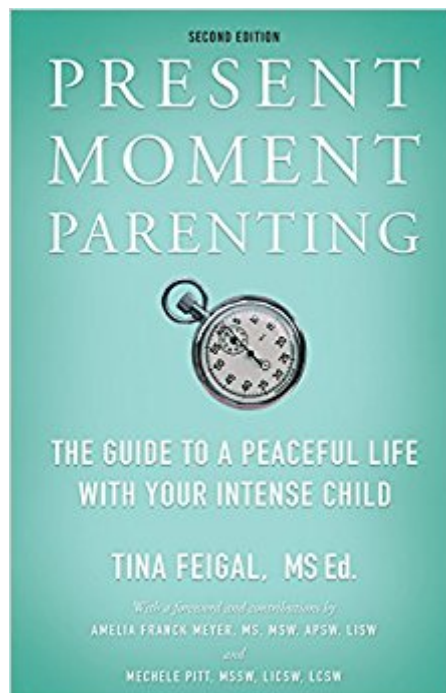




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# Present Moment Parenting: The Guide To A Peaceful Life With Your Intense Child



## Synopsis

Winner 2017 Mom's Choice Gold Award Nationally acclaimed parent coach and trainer Tina Feigal returns with this revised edition of her book, formerly titled *The Pocket Coach for Parents*. With new content on trauma-effective parenting, *Present Moment Parenting: Your Guide to a Peaceful Life with Your Intense Child* will help you: -- Understand the connection between the child's heart and brain -- Recognize how the brain responds to stress and trauma -- Learn effective parenting strategies to decrease intensity and create peace at home There are many reasons a child doesn't respond to typical parenting techniques--a mental health diagnosis (such as ADHD or ODD), a life challenge (such as divorce or removal from home), autism, attachment issues, giftedness, physical or emotional trauma--or simply being "hard to handle." Whatever the root cause of the intensity, *Present Moment Parenting* will give you the tools you need to create a peaceful life.

## Book Information

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## Customer Reviews

"Tina Feigal has mastered positivity with the practical strategies and concrete examples of positive parenting found in *Present Moment Parenting*. Want a happy and healthy child and a peaceful household? Practice the skills in this book!" --Kim Allen, PhD, BCC, CFLE, President, Family Life Coaching Association, and Author of *Theory, Research, and Practical Guidelines for Family Life Coaching*" *Present Moment Parenting's* well-researched, theoretical frames offer 'right now' application tools, promising huge benefits for today that feed a healthy tomorrow." --Dr. Sandra Morgan, Director of Vanguard University's Global Center for Women and Justice in Costa Mesa,

California

Tina Feigal, MS Ed., is a former school psychologist who has been coaching parents since 2000. She is the director of Family Engagement at Anu Family Services/Center for the Challenging Child. Her passion is healing families by providing effective tools for parents.

This is a clear, well written guide for heart-centered parenting! The physiological responses to parents words were particularly fascinating! If all parents would read this, we would certainly have emotionally healthier children.

This short book is clearly written, evidence based, and extremely helpful. Examples of what to say and how best to say it will keep the over stressed parent from pulling his/her hair out! Highly recommended!

Tina Feigal is very gifted in having the ability to teach people how to deal with children, teens and young adults who are having a challenging time trying to maneuver the norms of society. She writes in a manner that is easy to relate to, Tina gives so many examples and ideas concerning how to react and guide your child, you will want to thank her many times over.

This book is a must read, even if you do not have an intense child. Tina (and the contributors) did an amazing job with outlining the reasons behind intense behavior and how our typical first response is not always the best way to handle the situation. The book is an easy read and Tina does a great job breaking down the steps and using real life examples to show that these methods Really Do Work! She includes pages where you can write down your thoughts and progress which can help you stay on track. All parents should read this book!

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