



The Awakened Family: A Revolution in Parenting

Shefali Tsabary Ph.D.

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"Parents . . . you will be wowed and awed by [Dr. Shefali]." —Oprah Winfrey

New from the *New York Times* bestselling author of *The Conscious Parent* comes a radically transformative plan that shows parents how to raise children to be their best, truest selves.

What if...?

What if I told you that you can put an end to all of your parenting struggles?

That you can learn to parent without fear or anxiety?

That you can end conflict with your children?

That you can create close and connected relationships within your family?

...Would you accept this invitation to a revolution in parenting?

We all have the capacity to raise children who are highly resilient and emotionally connected. However, many of us are unable to because we are blinded by modern misconceptions of parenting and our own inner limitations. In *The Awakened Family*, I show you how you can cultivate a relationship with your children so they can thrive; moreover, you can be transformed to a state of greater calm, compassion and wisdom as well.

This book will take you on a journey to transcending your fears and illusions around parenting and help you become the parent you always wanted to be: fully present and conscious. It will arm you with practical, hands-on strategies and real-life examples from my experience as a parent and clinical psychologist that show the extraordinary power of being a conscious parent.

Everyone in your family is ready to be awakened.

Will you take this journey with me?

—Shefali

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From reader reviews:

Milton Jones:

Playing with family in a very park, coming to see the sea world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try issue that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Awakened Family: A Revolution in Parenting, you can enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its referred to as reading friends.

Shirley Morales:

In this period globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher that print many kinds of book. The particular book that recommended for you is The Awakened Family: A Revolution in Parenting this publication consist a lot of the information in the condition of this world now. This specific book was represented just how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The actual writer made some study when he makes this book. Honestly, that is why this book appropriate all of you.

Kim Salgado:

Is it anyone who having spare time after that spend it whole day by simply watching television programs or just lying on the bed? Do you need something new? This The Awakened Family: A Revolution in Parenting can be the answer, oh how comes? A book you know. You are therefore out of date, spending your spare time by reading in this new era is common not a nerd activity. So what these textbooks have than the others?

Lawrence Fox:

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