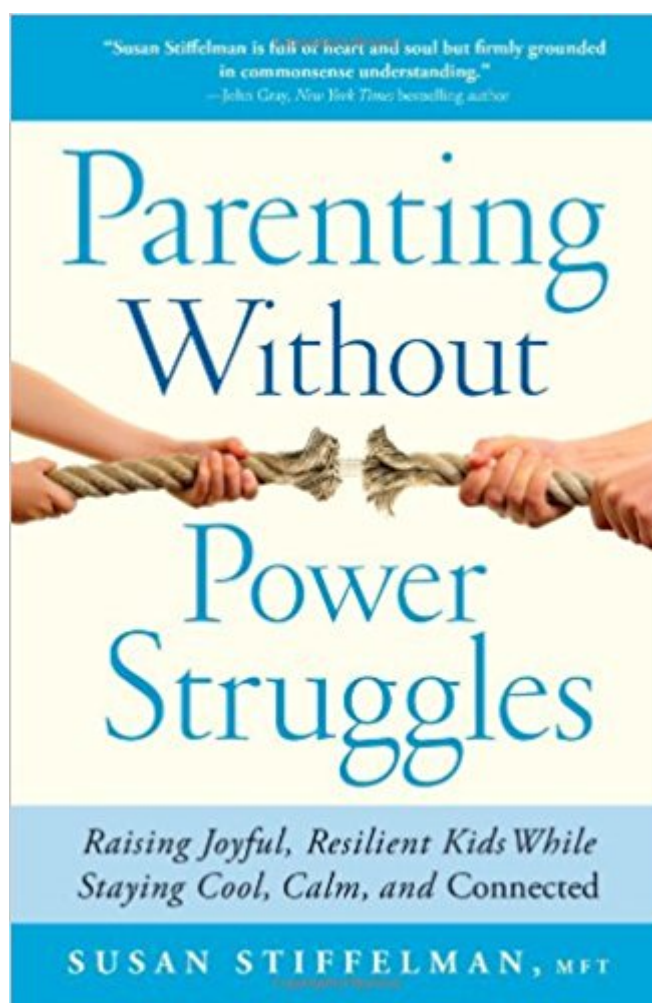


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# Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, And Connected



## Synopsis

“I trust Susan Stiffelman with my heart, my family, and my community. She knows that what goes on in my home every day is brutal and beautiful and hard and holy. She understands that while we are raising our children, we are still raising ourselves.” —Glennon Doyle Melton, #1 New York Times bestselling author of *Love Warrior*

From a family therapist, parenting expert and respected advice columnist for AOL, *s* HuffPost Parents comes a unique approach to parenting that can help eliminate drama, meltdowns, and power struggles. Do you ever find yourself asking . . . How can you get your children to do their homework without meltdowns, threats or bribes? How can you have a drama-free morning where the kids actually get out the door in time for school? How can you better manage your kids’ screen time without making them want to hide what they’re doing from you? Family therapist Susan Stiffelman is here to help. While most parenting programs are designed to coerce kids to change, *Parenting Without Power Struggles* does something innovative, showing you how to come alongside your children to awaken their natural instincts to cooperate, rather than at them with threats or bribes, which inevitably fuels their resistance. By staying calm and being the confident “Captain of the ship” your child needs, you will learn how to parent from a place of strong, durable connection, and you’ll be better able to help your kids navigate the challenging moments of growing up. Drawing upon her successful practice and packed with real-life stories, *Parenting Without Power Struggles* is an extraordinary guidebook for transforming the day-to-day lives of busy parents and the children they love.

## Book Information

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## Customer Reviews

“Susan shows parents how they can transform parenting into a spiritual practice. Yes, children produce adults, but, more important, Susan Stiffelman’s unique book shows you how children can produce conscious adults.” (Eckhart Tolle, author of *The Power of Now*) “Susan Stiffelman is full of heart and soul but firmly grounded in commonsense understanding.” (John Gray, New York Times bestselling author of *Men Are From Mars, Women Are From Venus*) “With her clear, wise, soulful, and poetic writing, Susan Stiffelman shows us how both the blessings and challenges of the delicate child-parent relationship can be a hotbed for mutual growth, healing, and connection. With children determining the future of our planet, Susan lays the groundwork for us to usher this new generation toward a more healed, humane, and connected world, starting with our very own selves. I am so grateful to Susan for having written this powerful book.” (Alanis Morissette, singer/songwriter and activist) “Susan Stiffelman shows parents how to create healthy, loving relationships with children while helping them develop the resilience and authenticity that will serve them throughout their lives. *Parenting Without Power Struggles* is one of the best parenting books I have ever read.” (Arianna Huffington) “This book changed my life. I’m going to search high and low for this woman’s number because I’ve learned so much.” (Jessica Seinfeld, #1 New York Times bestselling author) “Susan Stiffelman is an insightful writer who clearly knows what she’s talking about, sharing much-needed wisdom and advice for the caring but often frustrated parent.” (Marianne Williamson, bestselling author) “Full of wise insights and effective strategies, this book should be required reading for all parents.” (Harville Hendrix, Ph.D., author of *Giving the Love That Heals: A Guide for Parents*) “If there was ever someone who could truly change the course of a family’s life, it’s Susan Stiffelman. Her effective methods are spelled out clearly in her wonderful book, making it easy to create a parent-child harmony at home.” (Susan Avery, *More* magazine) “Conversational and practical, Stiffelman’s engaging work gives parents tools to navigate confidently in both calm and stormy family seas.” (Publishers Weekly) “Susan Stiffelman, who has double standing to give parenting advice, as a professional therapist and the mother of an exceptional son, has hit the nail on the head twice over—her book is filled with practical, real-world ways to minimize the fights and maximize the love.” (Kurt Andersen novelist and host of public radio’s *Studio 360*)

Imagine life without drama, meltdowns, and power struggles From celebrity parents to everyday moms and pops, ã ã single parents to grandparents, most of us know what to do when our kids behave. But let's face it: family life can get downright crazy, and it's at those moments that we most need to keep our cool. Family therapist Susan Stiffelman has shown thousands of parents how to be the cool, confident "Captain of the ship" in their children's lives. Based on her successful practice and packed with real-life stories, Susan shares proven strategies and crystal clear insights to motivate kids to cooperate and connect. Parenting without Power Struggles is an extraordinary guidebook for transforming your day-to-day parenting life. You'll discover how to: ã ã Transform frustration and aggression into adaptation and cooperation ã ã Keep your cool when your kids push your buttons, talk back or refuse to "play nice" ã ã Nourish deep attachment with young and older kids ã ã Help your ADD'ish child survive and thrive, even if you ã ãre ADD'ish yourself ã ã Inoculate your kids from negative thinking and peer pressure that lead to anger, anxiety, depression, or behavior issues ã ã Help children manage the emotional challenges of divorce --This text refers to an out of print or unavailable edition of this title.

I bought this book after Glennon from Momastery.com recommended it as the ONLY parenting book she has read from cover to cover. :)I loved this book! It was easy to read and understand. The concepts are simple and I felt they were all the things I already knew but need help and reminders as to how to implement these ideas into our daily, chaotic life.As I read through the book I found myself feeling calmer and easily putting some of her tips into practice. I am about to read through it a second time. It will take more than once or twice before I am able to really remember and put into practice all her suggestions, but it's worth it. I can already see a change in our house!Aside from basic, everyday parenting practices, the book also contains several good suggestions for dealing with larger problems such as anxiety, depression, anger, etc.I found her writing style to be well organized, simple and clear to understand. This book is a must read!

I'm a mom of 4 little boys, ages 3 to 9, and I read this looking for new tools and tricks in my parenting toolbag, and a new perspective. I had lost my way a little in the chaos of daily logistics. This book was difficult, in that I realized I've been doing a lot of things wrong. However, I have been poring over it like it's my daily homework, underlining and simplifying and writing out a synopsis, and it's been helping me soften a lot in my approach to my children. I love that she has the Byron Katie

method in here. I didn't think of applying it to parenting, but it makes total sense. In just the couple of weeks that I've been reading this book, just implementing some of the techniques and approaches has brought me more joy with my children. I'm pretty sure that I will always let my children argue with me like a lawyer. Sorry, but that's just my personality. I have trouble feeling like my decisions are set in stone unless it is about something very serious.

I could hardly put this book down. The words of advice and simple examples make reading this joyful. I still think I'll have to read it through again to help myself change my own train of thought when dealing with my child (or my spouse). Nothing crazy in it, everything makes perfect sense and just from the bit of it I've worked on with my husband, I can tell it is making me a better person and hopefully a better parent (we don't have children yet). If you are considering becoming a parent or just starting out, I would highly suggest the book to help build the right kind of foundation for a more peaceful child-rearing experience.

Life's been trying for me and my husband with my normally angelic daughter.. The last 8 months have been like, "what alien took my daughter and replaced her with this moody, self centered kid?" She's about to turn 6 soon and I realized I needed help, especially as I am very intense and don't want to go down that road of yelling every time I lose my temper (which was becoming more and more common as she pushes for her normal independence). I read a lot of reviews of books and I felt a bit like Goldilocks.. this one was too permissive with the child, this was one was too strict... but with this book, it felt right for some reason. After I got it, I was extremely happy with it and used a couple of the techniques recommended right away (which totally worked!!!) I also gained an understanding of where she is developmentally. Will definitely be rereading it again just to hammer in all the different concepts and techniques.

In *Parenting Without Power Struggles* Susan lays out practical techniques and shows a variety of layers of consciousness that allow a parent to be in charge. By being alongside the child the parent is seeing from the child's viewpoint, but remaining the one in charge. The book is full of anecdotal stories from therapy clients and her personal parenting experiences. She manages to teach, do therapy, parent and inspire. She uses information from Byron Katie and others help unlock the congealed thoughts that insist someone is to blame or made a mistake. Besides being informative the book is inspiring and entertaining. Susan is able to weave together a hopeful, loving, unique and conscious celebration of family that is based in sound teaching, psychology and conscious

transformation. The lessons from this book can serve anyone at any age whether they are a parent or just want to know more about life. Gratefully, Mike Godby

Having a 13 and 16 year old we needed advice fast. Our kids are not bad kids, but wow when they hit the teen years you really feel like you're losing control. This book puts this into perspective! I also recommend "Get out of my life, but first can you drive me and Cheryl to the mall" by Anthony Wolf

I liked the book because the author was clear and gave excellent case studies on how to open up dialogue with the child instead of shut it down with "old school" mentality that does not relate well with the issues kids are dealing with today. I especially liked the flow of the book and the foundation grounds that must be in tact before any change in behavior can be restructured. All theories and ideals will not work for all children, but if readers or parents are willing to try different methods in parenting, this is a very good book to have in the library. It was an easy read and I am practicing the technique that stood out most for me ... that kids can not have a power struggle if you refuse to engage ... so far I am having very good outcomes!

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