



Book Recommendations On Parenting

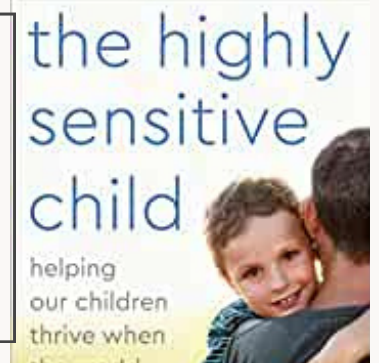
YOUR GO TO RESOURCE

NAVIGATING PARENTHOOD

THE HIGHLY SENSITIVE CHILD

Elaine N. Aron Ph.D.

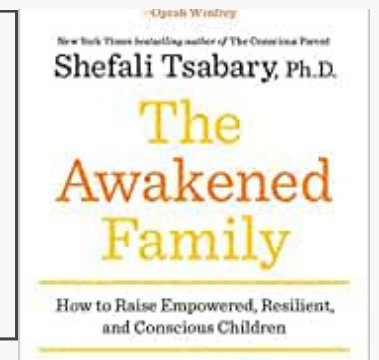
Up to 20 percent of the population is born highly sensitive, and now in *The Highly Sensitive Child*, Aron shifts her focus to highly sensitive children, who share the same characteristics as highly sensitive adults and thus face unique challenges as they grow up.



THE AWAKENED FAMILY

Shefali Tsabary Ph.D.

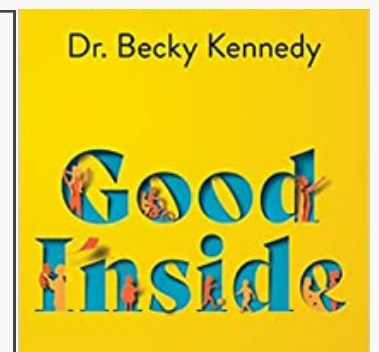
As seen on Oprah's SuperSoul Sunday, a radically transformative plan that shows parents how to raise children to be their best, truest selves, from the New York Times bestselling author of *The Conscious Parent*.



GOOD INSIDE

Dr. Becky Kennedy

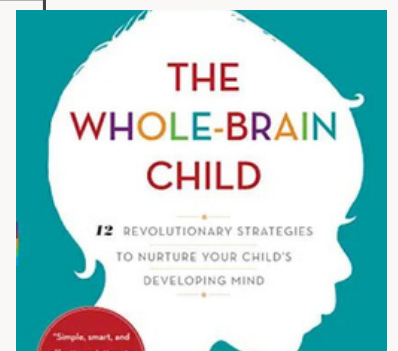
"This book is for any parent who has ever struggled under the substantial weight of caregiving—which is to say, all of us. *Good Inside* is not only a wise and practical guide to raising resilient, emotionally healthy kids, it's also a supportive resource for overwhelmed parents who need more compassion and less stress.



THE WHOLE BRAIN CHILD

Daniel J. Siegel & Tina Payne Bryson

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.



YOUR GO TO RESOURCE

NAVIGATING PARENTHOOD

PARENTING FROM THE INSIDE OUT

Daniel J Siegel & Mary Hartwell

This book illuminates important research in the field of interpersonal neurobiology, Siegel and Hartzell explain how the parent-child relationship directly affects brain development, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories to help them raise compassionate and resilient children.

