



Parenting with Presence: Practices for Raising Conscious, Confident, Caring Kids (An Eckhart Tolle Edition)

Susan Stiffelman

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Our children can be our greatest teachers. Parenting expert Susan Stiffelman writes that the very behaviors that push our buttons — refusing to cooperate or ignoring our requests — can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, *Parenting with Presence* teaches us how to become the parents we most want to be while raising confident, caring children.

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