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-Jack Confield author of Chicken Soup for the Soul

THE 10 GREATEST GIFTS I GIVE MY CHILDREN

Parenting from the heart

STEVEN W. VANNOY

The 10 Greatest Gifts I Give My Children

J Elliott

The 10 Greatest Gifts I Give My Children:

The 10 Greatest Gifts I Give My Children Steven W. Vannoy, 2014-05-06 REFERENCE WORKS For more than twenty years The 10 Greatest Gifts I Give My Children has helped parents find the joy in parenting But they aren t the only ones who can benefit from Vannoy s wisdom In the years since this book was first published Vannoy has used the same principles to help businesses create healthier and more fulfilling workplaces By mirroring Vannoy's parenting approach business managers can create more focused and productive employees With self esteem compassion balance humor communication integrity responsibility conscious choice and full expression of emotions families as well as colleagues can build better relationships and in the process find greater success loyalty and overall wellbeing The Ten Greatest Gifts I Give Mv **Children** Steven W. Vannoy, 1993-10-01 The 10 Greatest Gifts project is dedicated to taking the struggle out of parenting and putting the joy back in Our goal is to help families create their own unique family vision along with a workable proactive plan to nurture and fulfill that vision The 10 Greatest Gift I Give My Children Steven W. Vannoy, 1994 of the United States Patent and Trademark Office ,1996 The Empowered Mama Lisa Druxman, 2017-11-14 The Empowered Mama is a practical and interactive workbook full of simple powerful tools to help moms reconnect with themselves on the journey through motherhood Moms often try to juggle the roles of wife mother and homemaker while also being professional competent women Many moms feel like they can t take time to replenish their bodies and minds despite their many roles There s just not enough time in the day and it seems selfish to take time when families and work still demand more The Empowered Mama is a practical workbook full of simple powerful tools to help you reconnect with yourself on the journey through motherhood Author Lisa Druxman uplifts inspires and takes moms on a journey not just to rediscover themselves but to fall in love with motherhood again Whether you are a working mom or a stay at home mom this book will add balance to your life Since there will never be more hours in the day The Empowered Mama will help you maximize the hours you do have to accomplish what matters most This guide focuses on all parts of a mom s life work relationships built up stressors cleaning up your diet even going green and being more mindful about the environment all with the intuitive understanding that getting the rest of your life in order will only reap huge dividends for your family Mom, everyone else does! Sharon Hersh, 2010-08-11 Help Your Daughter Resist Peer Pressure Even When You re Not Around A national survey in 2001 indicated that in the U S one fourth of the high school seniors have problems with drugs and alcohol nearly two thirds of teenagers experiment with drugs before finishing high school and fifty six percent of seventeen year olds know at least one drug dealer at school Studies also indicate that when a girl chooses to use substances peer pressure is the biggest reason why Many parents believe the best they can do is to teach their daughters right from wrong and hope for the best But there is more that you can do Because while peer pressure may be the biggest influence for girls who choose to use substances parental involvement is the single most important factor for those who decide not to The dangers of substance

abuse can actually bring you and your daughter closer Whether you want to help your daughter resist the overwhelming pressures to drink smoke and use drugs have discovered or suspect that your daughter may be using substances or want to help her develop a strong and positive identity in response to negative peer pressure this book shows how the lure of today s teen party culture puts you in your most powerful position ever to connect with and influence your daughter **Needs from Her Mom** Cheri Fuller, 2015-03-31 Mystified by the situations girls face today There s a good reason Mom Our girls are growing up in a completely different world than we did But whether your daughter is very young or a teenager you can equip yourself with the wisdom and practical help she needs for the pressures and decisions ahead With keen insight and warm encouragement Cheri Fuller shares how you can become a more welcome influence at every stage in your daughter s life Drawing from her own experiences and the expertise of others Cheri answers all the top questions including How can I help my girl avoid the dangers of social media and navigate the digital world How can I counter society s unhealthy messages about body image and sexuality How can I help my daughter and me deal with her emotional ups and downs What are the best ways to instill good values How can I help her grow a firm faith in God Filled with trustworthy suggestions this book will help you steer your daughter toward becoming a healthy confident young woman Includes Reflection Questions for Personal or Group Use Great for understanding granddaughters too If the Buddha Had Kids Charlotte Kasl,2012-08-29 Zen and the art of raising children to make peace in the world In this wise and insightful volume Charlotte Kasl applies her signature blend of spiritual guidelines exercises and practical advice to a stage of life that leaves many of us searching for answers If the Buddha Had Kids draws from Buddhist Quaker and other spiritual traditions to help parents raise children who value cooperation compassion and understanding emphasizing that finding peace within a family is the first step toward creating a peaceful world Beginning with creating a healthy bond with your child and moving through all stages of life encouraging empathy respect fascination and curiosity Kasl explores the spiritual journey of parenting She also draws on her decades of experience as a healer and practicing psychotherapist to tackle very practical concerns such as the roles of electronics money sexuality and education and what it means to find one s voice This lively book promises to bring inspiration humor and wisdom to the joys and struggles of raising children in our contemporary world and will serve as an enlightening companion for all moms and dads Life After Trauma Dena Rosenbloom, Mary Beth Williams, 2010-03-10 Trauma can turn your world upside down afterward nothing may look safe or familiar This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives Full of practical strategies for coping and self care the book guides you toward reclaiming a solid sense of safety self worth trust and control as well as the capacity to be close to others The focus is on finding the way forward in your life today no matter what has happened in the past The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits Dozens of step by step questionnaires and exercises are included Union Agriculturist and Western Prairie Farmer ,2003

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