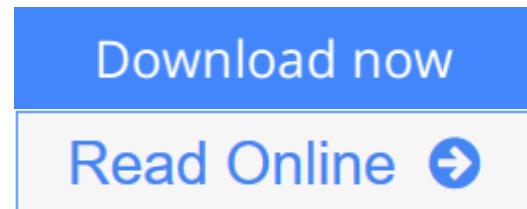


Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive: 10th Anniversary Edition

By Daniel J. Siegel, Mary Hartzell



Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive: 10th Anniversary Edition By Daniel J. Siegel, Mary Hartzell

An updated edition—with a new preface—of the bestselling parenting classic by the author of "BRAINSTORM: The Power and Purpose of the Teenage Brain"

In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences shape the way we parent. Drawing on stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.

Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's decades of experience as a child-development specialist and parent educator, this book guides parents through creating the necessary foundations for loving and secure relationships with their children.

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Editorial Review

Review

“Parenting from the Inside Out is a must-have for any parent. I gave a friend of mine a copy, and she said, “This book is changing my life. I like my kids again.”

—Gweneth Paltrow

“As a parent of seven children, this book has a permanent spot on my night table.”

—Kate Capshaw Spielberg

“Every parent should read **Parenting from the Inside Out**.”

—Betty Edwards, author of **DRAWING ON THE RIGHT SIDE OF THE BRAIN**

“Dan Siegel and Mary Hartzell have quite deftly managed to translate highly complex neuroscientific and psychological matters into lay strategies for effective parenting.”

—Marilyn B. Benoit, M.D., former president, American Academy of Child and Adolescent Psychiatry

“**Parenting from the Inside Out** is an extraordinary tool for parenting.”

—Jessie Nelson (director/screenwriter: *Corrina Corrina*, *Enchanted 2*, *Stepmom*, *I Am Sam*)

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—Marilyn B. Benoit, M.D., former president American Academy of Child & Adolescent Psychiatry

About the Author

Daniel J. Siegel, M.D., is clinical professor of psychiatry at the UCLA School of Medicine, co-director of the UCLA Mindful Awareness Research Center, and executive director of the Mindsight Institute. A graduate of Harvard Medical School, he is the author of *BRAINSTORM: The Power and Purpose of the Teenage Brain*; he is the coauthor of two classic parenting books: *Parenting from the Inside Out* (with Mary Hartzell, M.Ed.) and *The Whole-Brain Child* (with Tina Payne Bryson). Also the author of *Mindsight* and the internationally acclaimed professional texts *The Mindful Brain* and *The Developing Mind*. Dr. Siegel keynotes conferences and presents workshops throughout the world. He lives in Los Angeles with his wife and two children.

Mary Hartzell, M. Ed., is a child-development specialist and parent educator. She is the director of the renowned First Presbyterian Preschool of Santa Monica, California.

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The book Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children

Who Thrive: 10th Anniversary Edition will bring you to definitely the new experience of reading a book. The author style to explain the idea is very unique. In case you try to find new book you just read, this book very suitable to you. The book Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive: 10th Anniversary Edition is much recommended to you to study. You can also get the e-book from the official web site, so you can quicker to read the book.

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