



Is That Me Yelling?: A Parent's Guide to Getting Your Kids to Cooperate Without Losing Your Cool

Rona Renner

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Being a parent is hard work! And when your child refuses to do even the little things—like picking up their toys, taking a bath, or getting in the car to go to school—it's easy to become frustrated. But what if there was a gentle, effective way for you to improve your kid's behavior without losing your cool or raising your voice? In *Is That Me Yelling?* leading authority on parenting, Rona Renner outlines effective communication strategies that focus on your child's unique temperament.

While most books on discipline are “one size fits all,” this book offers a tailored parenting approach. Inside, you will learn powerful mindfulness techniques based in cognitive behavioral theory (CBT) and temperament theory to help reduce conflict and foster cooperation, respect, and understanding in your family. You will also learn the real reasons behind your frustration, how your unique temperament, as well as your child's, can contribute to you losing your temper, and how you can start feeling calm and connecting with your child in a positive way, right away.

As a parent, you are often under a great deal of stress. Between helping your child with their homework, running a household, and working, it's only natural to feel overwhelmed at times. But that's why you need real, practical solutions to help you communicate effectively and compassionately with your children in a way that will benefit you both. This book will show you how.

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