



# Bring Out the Best in Your Child and Your Self

*Ilene Val-Essen*

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# Bring Out the Best in Your Child and Your Self

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## **Bring Out the Best in Your Child and Your Self** Ilene Val-Essen

Family life becomes so much easier when parents learn how to create an environment of mutual respect. In this proven program developed over twenty-five years, parents gain a new understanding: beneath the surface, children and teens actually want to be cooperative. Difficult behavior is a cry for help. Children want us to help them to grow; we're on the same team. And that changes everything. Step by step, parents gain the skills to remain calm and centered, to prevent problems before they happen and to create a truly fulfilling family experience. Dr. Val-Essen supports readers with compassion, stories of real families and humorous illustrations. As parents learn to recognize and bring out the best within their children and teens, they inevitably discover the best within themselves.

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