

# Tired of power struggles? Want to avoid time outs, bribes and threats?

## **Family therapist Susan Stiffelman says there are three ways to parent**

- The Tyrant, where the child runs the show and parents resort to bribes and threats to get anything done
- The Two Lawyers, where every interaction is a negotiation
- The Captain of the ship, where parents calmly and confidently navigate the calm *and* stormy seas of raising a child

## **In Parenting Without Power Struggles, you'll discover:**

- How to come *alongside* your child, rather than *at them*, to avoid power struggles, negotiations, and conflict
- How to handle defiance, frustration and aggression and awaken your child's instincts to cooperate
- How to keep from getting triggered or losing your cool when kids resist , rebel, or shut down.
- How to identify, accept, and celebrate a child's unique talents and intelligence so they can become the most authentic and joyful version of themselves

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*"One of the most user-friendly, practical and engaging guides to parenting books I've ever come across."*

Janet Bray Attwood, co-author of the *NY Times* bestseller *The Passion Test*

*"Susan teaches you how to skillfully support your children in developing their own unique talents and gifts..."*

Michael Bernard Beckwith, founder of Agape International Spiritual Center

*"Susan's work is brilliant... If you buy just one parenting book this year, make it this one!"*

Thom Hartmann, author of *Healing ADD*

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Susan Stiffelman is a licensed psychotherapist, teacher, educational therapist, and parenting coach working out of Malibu, California. Her groundbreaking approach to parenting has changed the lives of millions of families around the world.

[www.passionateparenting.net](http://www.passionateparenting.net)

