

# Download Five Deep Breaths The Power Of Mindful Parenting

I've come to the frightening conclusion that I am the decisive element. It's my daily mood that makes the weather. As a parent or teacher, I possess a tremendous power to make a child's life miserable or joyous. The Benefit of Supportive Relationships. It all starts here. You see, all families go through some adversity. For some families, however, the trauma is too severe or too frequent for a child to cope with. Coping.us is home of the Tools for Coping Series by James J. Messina. These self-help books are intended to help you become all you are capable of becoming. Do U EQ? Unlock the power of emotional intelligence in an energizing day of insight, connection & purpose. Online & around the globe monthly.