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Shauna Shapiro, PhD, is a professor, as well as **Mindful Discipline: A loving approach to setting limits and raising an emotionally intelligent child**. Dr.
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Mindful discipline a loving approach to setting

Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child by Shauna Shapiro PhD, Chris White MD. (Paperback 9781608828845)

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1 quote from Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child: A mindful parent is one who is commit

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Mindful Discipline is a loving approach to creating harmony in your home while still helping your child THE MINDFUL DISCIPLINE APPROACH What is mindfulness?

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Mindful Discipline is an intelligent and creative approach to the omnipresent challenge of parenting: how to be kind and loving yet firm and in control.