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SELF-AWARE PARENTS RAISE HAPPY, SECURE, AND RESILIENT CHILDREN

PALO ALTO, CALIFORNIA – *Look deep inside yourself. The outward manifestations of your inward turmoil influences your children's confidence and behavior. However, with the right tools and approach, you can become free from the haze of conflict and shine the light of harmony on the relationship with your children.*

Mindful Parent Happy Child author, Pilar Placone, Ph.D., excites parents with an approach that is as simple as it is profound: In order to raise children who are content, self-assured, and prepared we must first clear out the baggage in our own minds. Clinical research demonstrates that children who enjoy secure attachments to their caregivers do better in life.

How can we build secure attachments with the children we interact with? No problem . . . *Mindful Parent Happy Child* is here to show us the way. Dr. Placone reveals how parents who focus on their own growth and self-attunement can more easily relate in ways that effectively promote a healthy parent-child connection.

You will be enriched and absorbed as you follow the author's interactive and integrative steps toward self-awareness. Dr. Placone uses real-life examples to show you how to apply her insightful and sensible principles to everyday life . . . one moment at a time. Through much research and years of professional work with parents and children, she presents thoughtful content through clever use of fact boxes entitled "Did You Know?" and "Digging Deeper." Her exercises are absorbing, relevant, and accessible to all.

"A masterful combination of theory and practice, this book will benefit parents, teachers, and all those who engage with children. This is a book that will be passed from one reader to another, parents and professionals alike."

—SHARI DELISLE, PH.D., FOUNDER, EDUCATOR OF KIDS' TURN, AND COOPERATIVE PARENTING

"Dr. Placone's remarkably insightful and practical book on Mindful Parenting can transform the daily minutia and frustrations of parenting into a path of transformation. Her book is a particular treasure for parents struggling to find balance among the conflicting demands of family life, offering specific methods for slowing down, making thoughtful decisions, and gaining access to inner wisdom about what really matters in one's life."

—JOE BAVONESE, PH.D., LICENSED PSYCHOLOGIST, DIRECTOR OF THE RELATIONSHIP INSTITUTE

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Pilar M. Placone, LMFT, Ph.D. is a licensed marriage and family therapist whose twenty years of practice had been dedicated to bringing clients a renewed sense of hope and fulfillment. *Mindful Parent Happy Child* programs are available for both clients and professional therapists. Visit www.MindfulparentHappyChild.com for more information.

MINDFUL PARENT HAPPY CHILD: A Guide to Raising Joyful and Resilient Children

By Pilar Placone, Ph.D.

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