



# A Look Inside

## Parenting With Love... Without Anger or Stress

WRITTEN BY BOB LANCER

**Your behavior** automatically shapes your child's behavior... as do your moods, values and attitudes. The most powerful key to raising your child effectively is within your grasp. Set a positive example. Be an exemplary role model. Your child will follow the lead you set. Thus your child's ultimate behavior is well within your control.

By consciously controlling your reactions to your child's actions you can end bad habits, start good ones. No more disrespect, whining, arguing, sibling rivalries and tantrums. Make bedtime, mealtime, homework and leaving in the morning positive experiences, smooth routines.

Being in charge with love begins with feeling and exuding love yourself. Forget anger, stress, pleading, nagging, screaming, arguing or hitting. It's all negative.

Teach better self-control by demonstrating it to your child. Child discipline improves only after you discipline yourself.

Transform your anger into love, your impatience into patience, and your insecurity into confidence. Your flexibility in setting a positive example will absolutely eliminate those draining, futile power struggles with your child that simply need not be.

**In this book I will tell you how to do all these things. It's really quite simple.**