



## The Resourceful Mother's Secrets to Emotional Health: Understand Yourself, Understand Your Child (Paperback)

By Meredith Deasley BA RNCP RHN ACC

Resourceful Mother, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Just as Meredith's first book, *The Resourceful Mother's Secrets to Healthy Kids*, set a high standard in helping families raise the healthiest child possible physically, this book explains everything a parent needs to know to raise the healthiest child possible emotionally. It all starts with you, the parent, and your own emotional health. Meredith shows how we can come to understand ourselves and our past to ensure a healthier today for us and our children. She clearly explains how our emotional pain manifests itself in our appearance, behaviours and physical health. Most importantly, she teaches us how to heal by parenting ourselves and coming to love all parts of ourselves. With her emotional healing tools, we transform ourselves into the most confident, loving, positive people - and parents - we can be. But *The Resourceful Mother* doesn't stop there. Her book goes on to explain how to truly understand our children, prevent emotional blocks by teaching them healthy ways to release their negative emotions, speak their truth, set boundaries, avoid taking things personally, live with integrity, become emotionally strong and much...



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