



Out of Control: Why Disciplining Your Child Doesn't Work and What Will

Dr. Shefali Tsabary

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Every parent wants the golden key to raising well-behaved, academically gifted, successful, happy children. Embedded in the collective psyche is the notion that discipline is the cornerstone to achieving these goals. *Out of Control* offers a never-before-published perspective on why the entire premise of discipline is flawed. Dr. Shefali Tsabary reveals how discipline is a major cause of generations of dysfunction. The author goes to the heart of the problems parents have with children, challenging society's dependence on discipline, daring readers to let go of fear-based ideologies and replace them with an approach that draws parent and child together. The key is ongoing meaningful connection between parent and child, free from threats, deprivation, punishment, and timeouts — all forms of manipulation. Parents learn how to enter into deep communion with their children, understanding the reasons for a behavior and how to bring out the best in the child. Far from a laissez-faire, anything goes, approach, this is how a child learns responsibility and takes ownership of their life, equipped with character and resilience that flow naturally from within.

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