



Parenting with Heart & Soul: A Parent's Guide to Emotional Freedom with EFT

By Kelly Burch

DragonRising. Paperback. Book Condition: new. BRAND NEW, Parenting with Heart & Soul: A Parent's Guide to Emotional Freedom with EFT, Kelly Burch, In a straightforward and down-to-earth way, Kelly explains concepts of the energy system and why that matters when it comes to the behaviour of children as well as us parents. She explains what emotions are and how to manage them in children. As well as insightful and empowering knowledge, parents are going to love the part of the book which dives lovingly into common areas of difficulty and discusses respectful ways to approach them. Kelly talks about fears, anxieties, sleep, tantrums, and much more. Kelly also includes super-easy energy tools that make light work of mum and dad feeling great, morning, noon and night, as well as tools to support the energy of the entire family. Kelly's open-hearted and relatable anecdotes along the way will remind you that wherever you are at, and whatever philosophies of parenting you subscribe to, there is always opportunity for parenting with your heart and soul.



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**