



Happy Kids Happy You: Using NLP to bring out the best in ourselves and the children we care for

Sue Beaver

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Every child, every family situation is different and parenting is a journey of constant change. There are no "right answers", only what works for you and your family. This book will give you a toolkit of practical NLP (Neuro Linguistic Programming) methods flexible enough to cover all situations. It focuses equally on the needs of you, the parent, as well as your child and will help you: get your family life running more smoothly; understand your children; support and encourage them and their development more effectively; recognise and meet your own needs so you can be more resourceful in family life; feel more confident and positive so you can have fun and enjoy being a parent more of the time! Rather than giving prescriptive advice, Happy Kids Happy You will enable you to develop your own solutions to situations. You will learn to speak and behave more positively with your children and experience outstanding results!

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From reader reviews:

Brady Witt:

Playing with family within a park, coming to see the sea world or hanging out with good friends is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Happy Kids Happy You: Using NLP to bring out the best in ourselves and the children we care for, it is possible to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't have it, oh come on its called reading friends.

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