

The Awakened Family: A Revolution in Parenting

By Dr. Shefali

We all have the capacity to raise children who are highly resilient and emotionally connected. However, many of us are unable to because we are blinded by modern misconceptions of parenting and our own inner limitations. In *The Awakened Family*, I show you how you can cultivate a relationship with your children so they can thrive; moreover, you can be transformed to a state of greater calm, compassion and wisdom as well.

This book will take you on a journey to transcending your fears and illusions around parenting and help you become the parent you always wanted to be: fully present and conscious. It will arm you with practical, hands-on strategies and real-life examples from my experience as a parent and clinical psychologist that show the extraordinary power of being a conscious parent.

Raising Children Who Soar: A Guide to Healthy Risk Taking in an Uncertain World

By Susan Davis

How can we keep children safe in an uncertain world, but also raise them to be confident in taking the healthy, emotional risks necessary to succeed in life? The authors of this unique book - two clinical psychologists, who are also mothers - provide essential guidance for parents and teachers. They explain, step-by-step, how to help children become successful risk-takers: ready to leap at life's opportunities and triumph over setbacks along the way. They offer real-world scenarios with realistic solutions. Readers will find helpful checklists, self-reflection exercises, and other resources in this authoritative book.

Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World

By Michele Borba

Teens today are 40 percent less empathetic than they were thirty years ago. Why is a lack of empathy—which goes hand-in-hand with the self-absorption epidemic Dr. Michele Borba calls the Selfie Syndrome—so dangerous? First, it hurts kids' academic performance and leads to bullying behaviors. Also, it correlates with more cheating and less resilience. And once children grow up, a lack of empathy hampers their ability to collaborate, innovate, and problem-solve—all must-have skills for the global economy.

In *UnSelfie* Dr. Borba pinpoints the forces causing the empathy crisis and shares a revolutionary, researched-based, 9-step plan for reversing it. Readers will learn:

- How lavish praise inflates kids' egos and keeps them locked in "selfie" mode
- How to help kids be Upstanders—not bystanders—in the face of bullying
- Why self-control is a better predictor of wealth, health, and happiness than grades or IQ
- Why the right mix of structured extracurricular activities and free play is key for teaching collaboration
- How to ignite a Kindness Revolution in your kids and community

The good news? Empathy is a trait that can be taught and nurtured. Dr. Borba offers a framework for parenting that yields the results we all want: successful, happy kids who also are kind, moral, courageous, and resilient. *UnSelfie* is a blueprint for parents and educators who want to kids shift their focus from *I, me, and mine*...to *we, us, and ours*.