



Parenting for Life

Nina Sidell M.A.

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Mom's Choice Award Winner. "If you are interested in conscious parenting, this book is an excellent guide."
Deepak Chopra, M.D. Author, "The Seven Spiritual Laws for Parents"

Whether you're contemplating conceiving for the first time or you already have children, *Parenting for Life* provides important tools to help you connect with your growing or grown kids in new and powerful ways.

With dedicated sections on how to grow, evolve, and ultimately heal your relationship, this book offers practical wisdom and relational insights that yield dramatic results.

Exploring common family dynamics and patterns, Nina Sidell gently guides readers toward an understanding and ownership of their lives and relationships. She then builds upon this foundation to foster mutual respect, love, and empathy between parents and children. Homework exercises at the end of each chapter help readers gain further understanding through their personal parenting journeys.

Parenting for Life is a revolutionary guidebook for individuals and couples, both before and after they become parents. It also helps adult children identify problems so that they can better understand and, if necessary, forgive their parents as well.

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