



Raising Your Spirited Child

Mary Sheedy Kurcinka

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The spirited child, often called "difficult", can easily overwhelm parents, leaving them feeling frustrated and inadequate. Spirited kids are, in fact, simply more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. Through vivid examples and a refreshingly positive viewpoint, Mary Sheedy Kurcinka offers parents emotional support and proven strategies for handling their spirited child. She will help you understand your child's, and your own, temperamental traits, discover the power of positive rather than negative labels, cope with tantrums and blowups when they do occur, and develop strategies for handling many situations.

Filled with personal insight and authoritative advice, *Raising Your Spirited Child* can help make parenting the joy it should be, rather than the trial it can be.

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