



# Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation

*Becky A. Bailey*

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Learn how to stop policing and pleading and become the parent you want to be.

You love your children, but if you're like most parents, you don't always love their behavior. But how can you guide them without resorting to less-than-optimal behavior yourself? Dr. Becky Bailey's unusual and powerful approach to parenting has made thousands of families happier and healthier.

Focusing on self-control and confidence-building for both parent and child, Dr. Bailey teaches a series of linked skills to help families move from turmoil to tranquility:

7 Powers for Self-Control to help parents model the behavior they want their kids to follow. These lead to:

7 Basic Discipline Skills to help children manage sticky situations at home and at school, which will help your children develop:

7 Values for Living, such as integrity, respect, compassion, responsibility, and more.

Dr. Bailey integrates these principles in a seven-week program that gets families off to a good start, offering plenty of real-life anecdotes that illustrate her methods at work. With this inspiring and practical book in hand, you'll find new ways of understanding and improving children's behavior, as well as your own.

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