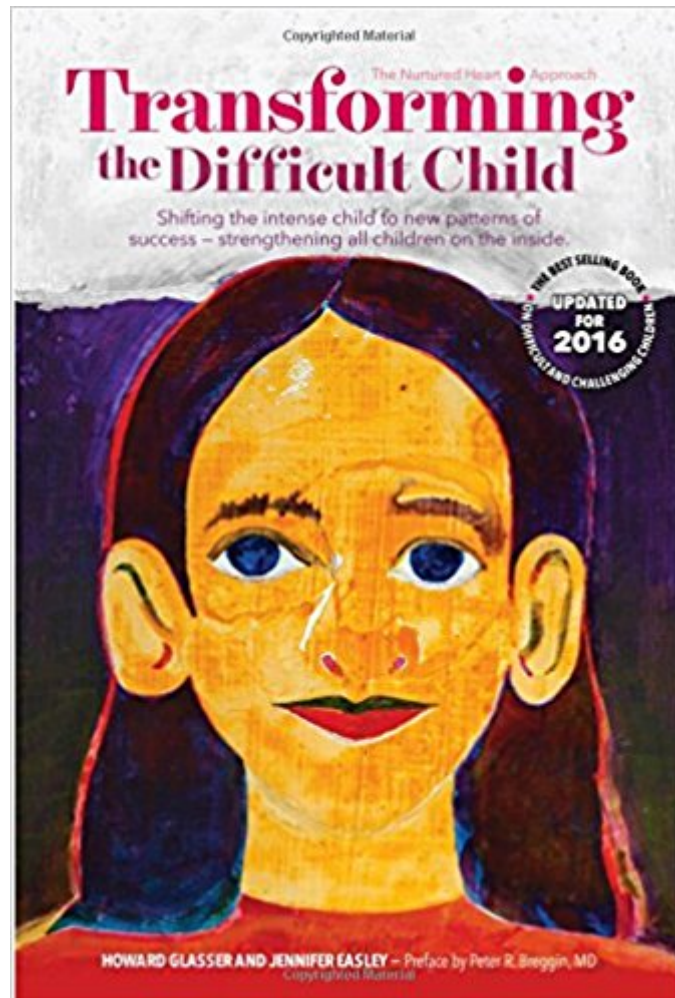




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# Transforming The Difficult Child: The Nurtured Heart Approach



## Synopsis

Transforming the Difficult Child brings to life a new way of shifting intense children to a solid life of success. The Nurtured Heart Approach puts a refreshing spin on both parenting and teaching and reveals new techniques and strategies that create thoroughly positive behaviors. This is the newly updated 2016 revision.

## Book Information

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## Customer Reviews

After applying these strategies for less than a month, my difficult teenage daughter is incredible. --Parent. Everything we tried in the past was making the situation worse. Now our intense child is intensely wonderful without medications. --Parent/Educator. This is absolutely the most worthwhile information I have ever learned. My hyperactive child is now my amazing child. --Parent/TherapistI have read dozens of books, tried dozens of programs with no change in my child's behavior what so ever. This book has changed our lives! We started implementing the steps and the very first day we saw a change in our child. Life has become pleasant and peaceful without any compromises. Our child is helpful, considerate and no longer talks back. He does his chores before we ask him and his room has stayed clean for three weeks without any nagging!!!! I highly recommend this book to anyone with a difficult child! --Parent/EducatorLike many of my peers, I too want to do the best possible job raising my children. The desire to be respectful and supportive does not always involve consistent discipline, but it should! Anyone with a sensitive, loving child can benefit from this book. Any parent who feels like they have tried every trick in the book to promote good behavior in their

children, but can't seem to gain compliance in their kids, will benefit from this book. I was recommended this book by our psychologist, whom we have been seeing because I ran out of coping strategies for dealing with my very sensitive, very smart, and very compliant child who seemed addicted to PUSHING MY BUTTONS!! Turns out, the very emotional responses I had to my child's poor behaviors, was promoting the very things I was trying to;punish away; Time outs escalated into screaming matches and made me feel like a drill Sargent, not very productive, and definitely not respectful or supportive! Transforming the Difficult Child has opened my eyes to; accentuate the positive; and;down play the negative; In short, shifting all of my aggravated tirades into positive reinforcement of GOOD behaviors. Within two weeks of implementing this style of attention, my 5 year old was more relaxed, more cheerful, more agreeable and happier than I had ever seen him. In turn, he was also less anxious, stopped a nervous habit of lip licking that had been with him for two years, and lots of chapped skin! He now knows that he is good MOST of the time, and only bad once in a while. I was failing to acknowledge his good behavior, because that is what we think of as; expected; but He was feeling as if he was always bad, because our energy was always spent on correcting bad behaviors. Please read this book if you recognize any of the above story, or if you know someone who is in constant power struggles with their children. This book has a simple, gentle, loving and supportive plan of action that will change your Family for the better, even if your child isn't difficult. After all, we all want someone to acknowledge our good behaviors, who better to do it than your parent!! --ParentI have read dozens of books, tried dozens of programs with no change in my child's behavior what so ever. This book has changed our lives! We started implementing the steps and the very first day we saw a change in our child. Life has become pleasant and peaceful without any compromises. Our child is helpful, considerate and no longer talks back. He does his chores before we ask him and his room has stayed clean for three weeks without any nagging!!!! I highly recommend this book to anyone with a difficult child!

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--Parent

Comments from Readers "We had lost hope. This approach has saved our family. We were spinning our wheels. Everything we tried in the past was making the problems worse. Now our intense child is intensely wonderful...without medications." "My child was diagnosed with ADHD. I thought it was a death sentence. We couldn't go an hour without an argument or some horrendous incident. Now I know peace and pleasure for the first time in many years." "This is absolutely the most worthwhile information I have ever learned. My hyperactive child is now my amazing child." "Our child was in therapy for years. The more she got in touch with her feelings, the more she seemed to take her anger out on us. It's hard to believe, but after applying these strategies for less than a month, my difficult daughter is now a cooperative and pleasant young person."

I love the concepts in this book! One concept that had never occurred to me before reading this book but that now haunts me is the idea that we ignore our kids when they are being well behaved and yell at them when they are not--not a very good basis for a healthy relationship. This book is all about creating relationship through positive interactions with children. I read this book shortly after reading "The Kazdin Method" which has striking similarities. Although I liked the concepts in "The Nurtured Heart Approach" better, it's hard to beat the clear, concise, logical way in which the concepts are presented in "The Kazdin Method." "The Kazdin Method" is better for younger children; I would say 8 and younger, especially if there are specific behaviors you are trying to

target. "The Nurtured Heart" approach is more broadly applied but also focuses on ADHD kids. I just wish "The Nurtured Heart Approach" were as easy to follow as "The Kazdin Method." I would recommend NOT buying the audio CD. It's not a recording of the book. It's a recording of a seminar Howard Glasser gave and it omits the video clips and the slide show that I think are helpful in understanding his approach. I listened to the CD and then had to buy the book to get it. Now I listen to the CD for a refresher.

I absolutely love the method in this book. I find it helps so much with my intense child. Yes, it requires quite a bit of effort. But I'd rather spend my energy positively than negatively, and that's really what it comes down to. The book is well written, and the information is explained in layman's terms. The author explains not only what you're doing and how you're doing it but also why. I think this helps motivate you to follow the recommendations in the book.

This book saved my son and my sanity. I tried all the other typical parenting approaches and none of them worked. This is the only thing that got through to my son and transformed our relationship.

The advice in this book helped me to better understand my son. I have read 5 other books and tried implementing their plan....which didnt work for my son. I am so grateful for this book, such a different way of thinking and turning the downward spiral around! Wonderful! I am grateful!

Just getting started but have already incorporated a couple of ideas...very encouraged!  
Recommended by a friend and I recommend too!

Great book , definitely helped my parenting skills!!!

Excellent resource with practical ideas for helping parents and educators deal with high energy kids! I highly recommend this book for anyone struggling to help their chold deal with behavior issues. This should be a required reading for all teachers!!

Love this book! It is easy to read and understand and implement! It made a huge difference in my child with ADHD and Sensory Processing Disorder.

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