



Sin control (Spanish Edition)

Shefali Tsabary

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Sin control revela el modo en que la disciplina que imponemos para controlar la conducta de nuestros hijos es, en realidad, la causa principal de su mala conducta.

La doctora Tsabary afirma que para que la crianza sea eficaz debemos desarrollar una profunda conexión con nuestros hijos y abordar los sentimientos que impulsan sus conductas, en lugar de castigarlos.

Lejos de abogar por una actitud del tipo «dejar pasar» o «todo vale», la doctora Tsabary recomienda que los padres adopten una actitud resuelta, no basada en el control del niño sino, sobre todo, en ayudarlo a desarrollar un profundo sentido de responsabilidad personal.

«Este libro propone un nuevo paradigma, una manera de contemplar la dinámica entre padres e hijos mediante la lente del presente, no a partir de experiencias pasadas o preocupaciones futuras. Ello permite que se desarrolle una relación auténtica, basada más en el conocimiento y el respeto mutuo que en el miedo y la culpa. Los padres que utilicen este libro experimentarán, sin duda, más compasión y empatía hacia sí mismos y sus hijos.»

Cathy Cassani Adams, autora de The Self-Aware Parent y directora de Zen Parenting Radio

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