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The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, And Everyone Else In Your Life



Synopsis

CALM MOM, CALM DAD, CALM CHILD:KEEPING YOUR COOL WITH YOUR CHILDREN, YOUR FAMILY AND EVERYONE ELSE IN YOUR LIFE is the fifth in the remarkable, best selling and highly acclaimed The Calming Collection. This is a collection by noted psychotherapist Robert Shapiro which through hypnosis, meditation and visualization provides tools and techniques to stay calm and serene whether for worry, anxiety, sleep problems or weight issues. This newest CD focuses on helping instill and imbue anger management skills for both families and children, helping them to deal with challenges with people both within the family and outside the family. The CD addresses a parent's greatest challenge-staying calm with one's children. One of the most important things for a child's sense of safety is having parents who are in control of their emotional reactions. Combining hypnosis, meditation and cognitive-behavioral therapy, as is done on the CD is a powerful way to help manage strong emotions that can at times feel like a runaway train. The CD helps find the brakes inside to prevent such reactions, and frequent use helps embed suggestions which train the mind to automatically react more calmly and effectively to all challenging events and people. The skills generalize and it becomes much harder for anyone to push your buttons, not just one's children, but family members, parents, in-laws, and anyone else who in the past has had the power to disturb or upset you. There are two CD's in the set. The first contains four sections, some shorter or longer, depending on your mood and the time available to you. The first disc is constructed so that if you choose you can let one section flow into the next, or you can select the track best suited to help you at any given time. Making a commitment to listen often WILL provide the quickest way to reach your goals. Hypnosis, while powerful, is not a one time magic bullet; that would be unrealistic. But with frequent listening, it CAN seem almost magical the way you will achieve your goal quickly and effectively as the suggestions become a deeply embedded part of your unconscious programming. The second disc is a relaxation track for child. It is wonderful and fun while teaching the skill of controlling anger and upset. It is such a pleasure to listen to that many adults love to listen to it as well!

Book Information

Audio CD

Publisher: Roberta Shapiro; The Calming Collection edition (March 22, 2015)

Language: English

ISBN-10: 1427696497

ISBN-13: 978-1427696496

Package Dimensions: 5.6 x 4.8 x 0.4 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #360,470 in Books (See Top 100 in Books) #13 in Books > Books on CD > Parenting & Families > Parenting #4542 in Books > Parenting & Relationships > Parenting

Customer Reviews

A must have and must listen! Learning to control anger and regulate emotions is an invaluable skill to acquire in dealing with all those who push our emotional buttons. --Dr. Noam Koenigsberg, M.D. Board Certified psychiatrist Calm Mom, Calm Dad, has become a valued staple for me. In my role as a psychotherapist, I often recommend the CD for both parents and children and their feedback has been fantastic. I believe the benefit of learning to self soothe by staying calm in stressful situations will serve children throughout their lives. Calm Mom, Calm Dad helps parents feel more in control and experience less stress. The children's disc is especially effective as well, and kids love it!

--Linda Perlman Gordon, MSW, psychotherapist and author of *How to Connect with Your Teen*. What an effective and dynamic way to truly embrace peace and dignity in the face of our constant daily challenges. Raise your hand if you've never been triggered by a difficult child/parent or toxic friend? Well, this CD provides the tools to turn things around to become empowered in the face of any and all provocation. The hypnosis/relaxation portions, while calming and soothing are very powerful. Plus, I LOVE the children's disc so much I listen to it often for my own enjoyment! It is highly effective, but so much fun! --Rivka Caroline, M.A. author of *FROM FRAZZLED TO FOCUSED*.

Roberta Shapiro, M.Ed. LCSW. is a renowned psychotherapist. She is a member of the American Society for Clinical Hypnosis, the National Board of Certified Clinical Hypnotherapists, and the American Psychotherapy and Medical Hypnosis Association. She is in Marquis, Who's Who in American Women.

At first, I thought this CD wouldn't apply to me, as my children are grown and have children of their own. How wrong I was, Not only is this CD a gift for my children, it is a gift for myself. Listening becomes a journey of empowerment. This CD is a grounding template for calm strength within firm boundaries; a professional narrative of experience, designed to support and ground the individual with gentle music, and Roberta Shapiro's soothing and non-judgemental voice, leads the listener to

optimize his/her own wisdom during moments of conflict. The second listening CD pulls one right down into a pleasant and calming ambiance, a reminder that all is well after all. Roberta Shapiro is a master of hypnotherapy, narrative, and the inner voice.

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