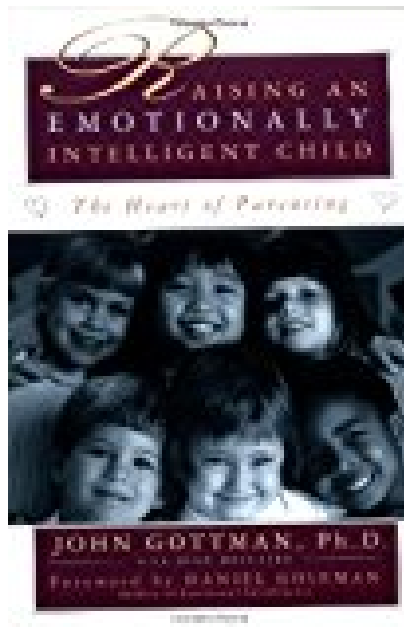


# Raising An Emotionally Intelligent Child The Heart of Parenting

---



## BOOK DETAILS

- Author : Ph.D. John Gottman
- Pages : 240 Pages
- Publisher : Simon & Schuster
- Language : English
- ISBN : 0684838656

[↓ DOWNLOAD](#)

## **BOOK SYNOPSIS**

Intelligence That Comes from the Heart Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching" process that teaches how to:

- \* Be aware of a child's emotions
- \* Recognize emotional expression as an opportunity for intimacy and teaching
- \* Listen empathetically and validate a child's feelings
- \* Label emotions in words a child can understand
- \* Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation

Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

### **RAISING AN EMOTIONALLY INTELLIGENT CHILD THE HEART OF PARENTING**

- Are you looking for Ebook Raising An Emotionally Intelligent Child The Heart Of Parenting? You will be glad to know that right now Raising An Emotionally Intelligent Child The Heart Of Parenting is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Raising An Emotionally Intelligent Child The Heart Of Parenting may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Raising An Emotionally Intelligent Child The Heart Of Parenting and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Raising An Emotionally Intelligent Child The Heart Of Parenting. To get started finding Raising An Emotionally Intelligent Child The Heart Of Parenting, you are right to find our website which has a comprehensive collection of manuals listed.