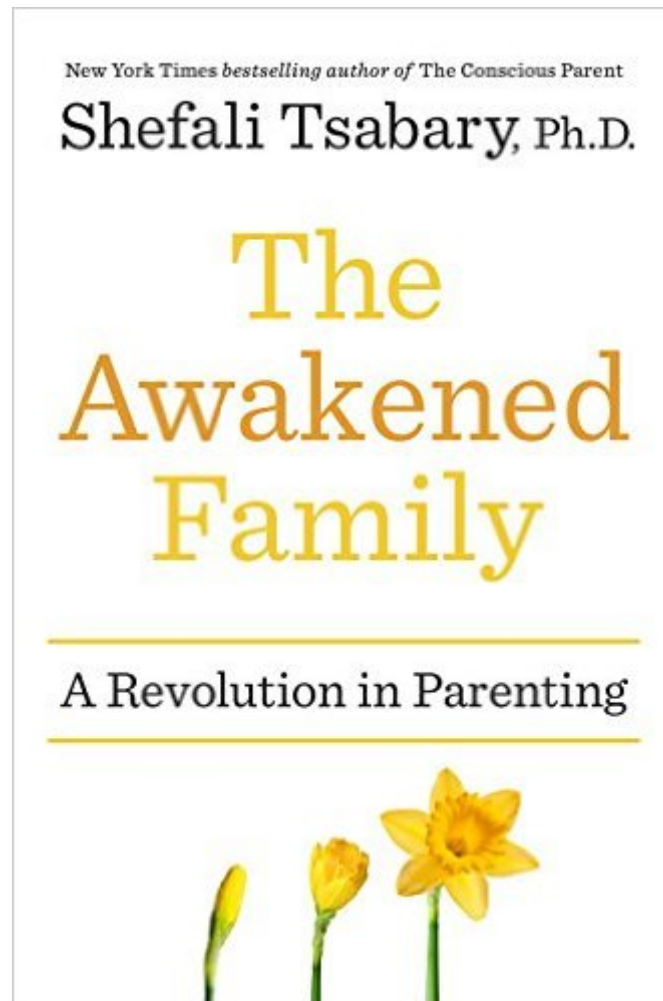


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# The Awakened Family: A Revolution In Parenting



## Synopsis

"Parents . . . you will be wowed and awed by [Dr. Shefali]." — Oprah Winfrey  
As seen on Oprah's SuperSoul Sunday, a radically transformative plan that shows parents how to raise children to be their best, truest selves, from the New York Times bestselling author of The Conscious Parent  
What if...? What if I told you that you can put an end to all of your parenting struggles? That you can learn to parent without fear or anxiety? That you can end conflict with your children? That you can create close and connected relationships within your family? Would you accept this invitation to a revolution in parenting? We all have the capacity to raise children who are highly resilient and emotionally connected. However, many of us are unable to because we are blinded by modern misconceptions of parenting and our own inner limitations. In The Awakened Family, I show you how you can cultivate a relationship with your children so they can thrive; moreover, you can be transformed to a state of greater calm, compassion and wisdom as well. This book will take you on a journey to transcending your fears and illusions around parenting and help you become the parent you always wanted to be: fully present and conscious. It will arm you with practical, hands-on strategies and real-life examples from my experience as a parent and clinical psychologist that show the extraordinary power of being a conscious parent. Everyone in your family is ready to be awakened. Will you take this journey with me? — Shefali

## Book Information

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## Customer Reviews

First off, THE AWAKENED FAMILY has some serious, profound ideas to ponder. I found that I needed to slow down and mull over many of the ideas presented by Dr. Tsabary. These are

important ideas, worthy of serious consideration. The author presents a series of MYTHS to make her case for CONSCIOUS parenting, in contrast to a REACTIVE, ego-centric approach. Here's my favorite quote from this book: "Focus on who your child is today, and what they do. Let go of emphasis on their performance, tests, achievements, or chores." It seems obvious to me that our society has run amok with putting huge burdens on children. What college, what high school, even what kindergarten! I bet most parents realize that, but in THE AWAKENED FAMILY, Dr. Tsabary explains the damage it is causing. Here's the BIG point that really got me thinking: We are mistaken in thinking the focus is on our child. We need to look at OURSELVES. In particular, we need to come to grips with our EGO. As parents we look to our children as reflections of our OWN value. We want affirmation of our parenting skills and a "living, breathing trophy" of our own success. It's our ego that puts unrealistic demands on our children. We look to the future and expect them to accomplish great things: "Many parents are seduced by the notion that a child's worth is measured by their performance." We set the bar very high and define "success" in terms of their accomplishments. By continually looking forward to the wonderful things our child will do in the future, we run over their naturally desire to be appreciated for who they are--right now! "Each of us longs not only to be validated but also to be honored for who we are at this moment right now..."

As a relationship therapist and parent, I can say that this is the absolute best and most important parenting book there is. Dr. Shefali boldly accomplishes what no other parenting book has been able to fully achieve. She addresses the many challenges that parents experience with their children--at the causal level. She gets to the root of problems. The author shows us that our children are never triggering us. Conversely, what is getting triggered are our past wounds. That in every moment there is always a choice to react or respond. When we move into reactivity, this is about our own hurt and fear. Dr. Shefali masterfully helps us see that our children are here to show us where we need to grow. She says children are our "awakeners." In the excerpt below, the author explains the parent-child dynamic: "Our children are particularly effective mirrors, because although we can divorce our spouse and abandon our friends, our children are here to stay. It's in our relationship with them more than any other that we are challenged to examine those aspects of ourselves we would ordinarily deny or avoid. When we are able to look into the mirror they provide us with and address our issues, we not only clear the fog from our own vision, but also begin to see our children for who they truly are. In this way, we become a reflection of their authentic self." "We are asked to consider questions like, "Is my child in some way reflecting the way I tend to operate?" With numerous examples, we are shown that the cost of addressing behavioral problems at the

effect level is increased negative behavior.

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