

# Psychology Today: Power of Loving Discipline (Psychology Today: Here to Help)

Karen Miles



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Psychology Today: Power of Loving Discipline (Psychology Today: Here to Help) Karen Miles Here's a reason for parents to take a time out—and read up.

Loving discipline pulls together everything every parent wants to know about today's most important, most effective discipline techniques. This easy-to-follow, dynamic book provides an overview of the classic authoritative-authoritarian-permissive styles. Then it draws from specific loving discipline approaches—like unconditional parenting, positive discipline, and aware parenting—to present readers with the basics of a loving discipline style. Fully explaining each underlying idea, this book is much more than a simple how-to parenting guide.



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