



Parenting in the Here and Now: Realizing the Strengths You Already Have

Lea Page

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Being a good parent doesn't mean being perfect, employing complex theories, or finding another twelve hours in the day. Parenting in the Here and Now offers a refreshing new way. Rather than striving for—and failing to reach—a frustrating ideal, parents can start from where they are right now and enjoy a more harmonious family life almost immediately. Lea Page shows how to recognize emotions that get in the way and how to remain calm instead of being overwhelmed. Her practical parenting philosophy—based on many years of personal experience, observation, and reflection—encourages parents to respond to children with action rather than words.

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