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DANIEL J. SIEGEL, M.D., AND
TINA PAYNE BRYSON, PH.D.

THE YES BRAIN



HOW TO CULTIVATE COURAGE,
CURIOSITY, AND RESILIENCE
IN YOUR CHILD

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Brain: How to Cultivate
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(pdf) Daniel J. Siegel**

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Synopsis book

From the authors of *The Whole-Brain Child* and *No-Drama Discipline*, an indispensable guide to unlocking your child's innate capacity for resilience, compassion, and creativity. When facing contentious issues such as screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. When kids work from a Yes Brain, they're more willing to take chances and explore. They're more curious and imaginative. They're better at relationships and handling adversity. In *The Yes Brain*, the authors give parents skills, scripts, and activities to bring kids of all ages into the beneficial "yes" state. You'll learn- the four fundamentals of the Yes Brain--balance, resilience, insight, and empathy--and how to strengthen them - the key to knowing when kids

The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child by Daniel J. Siegel

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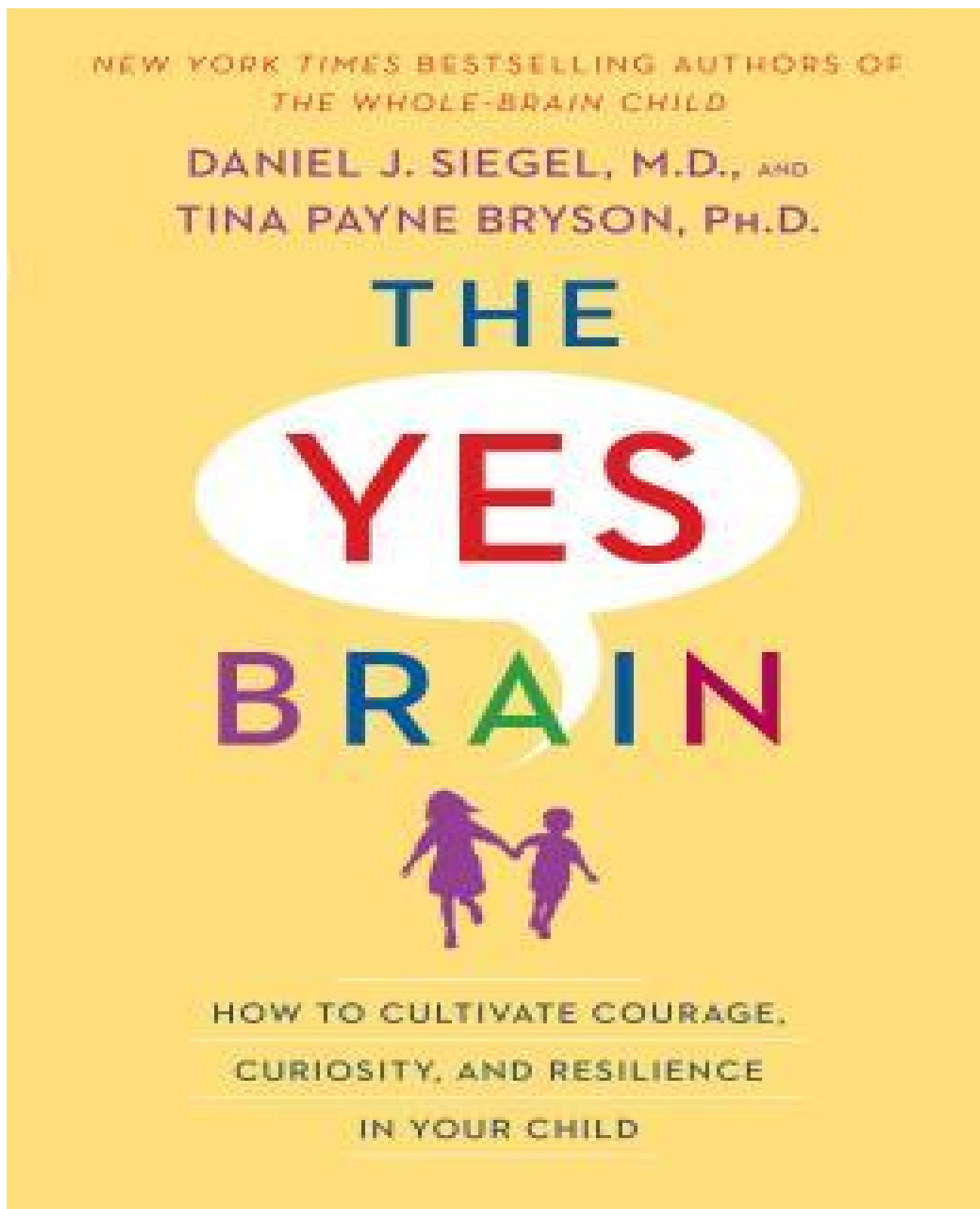
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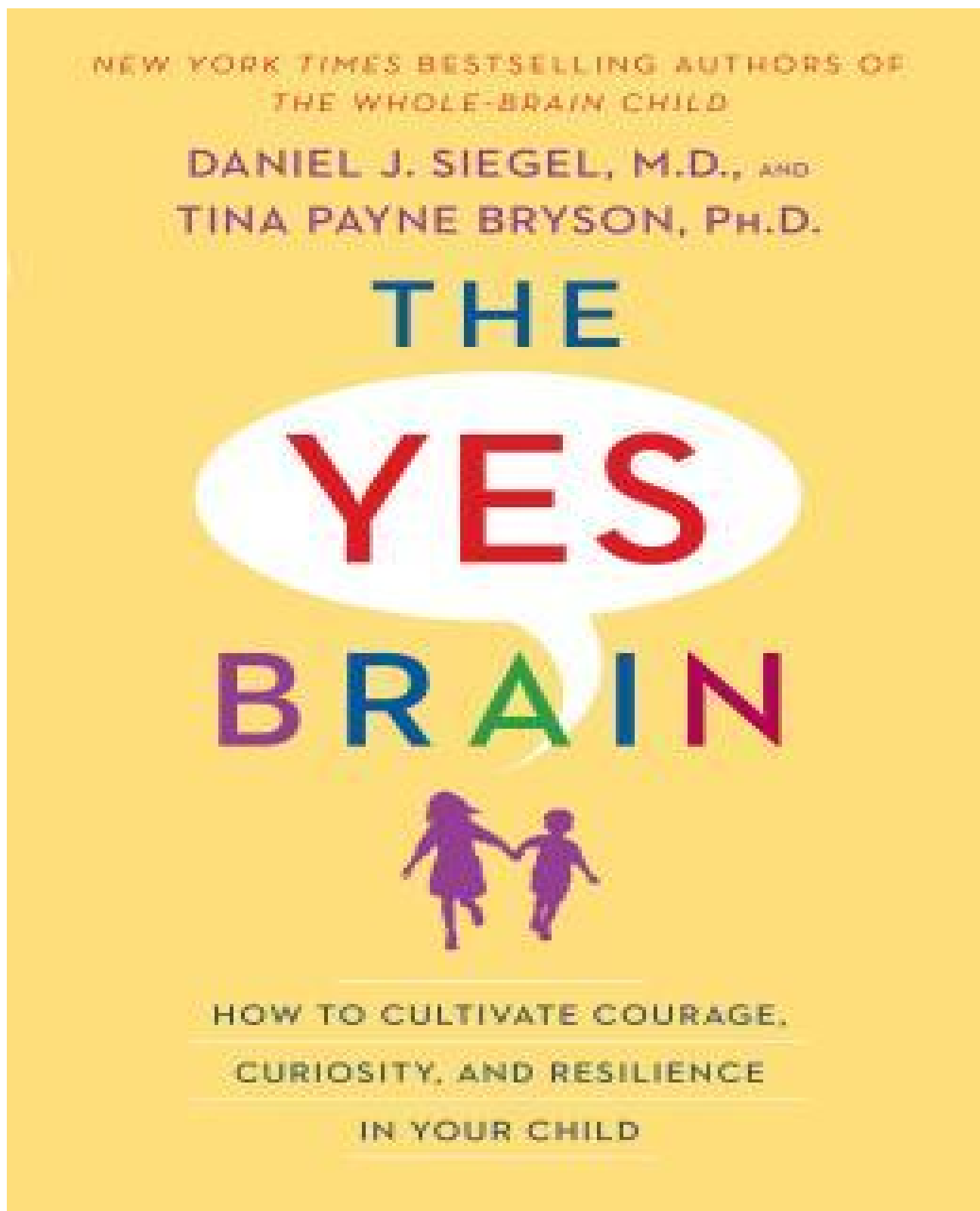
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NEW YORK TIMES BESTSELLING AUTHORS OF
THE WHOLE-BRAIN CHILD

DANIEL J. SIEGEL, M.D., AND
TINA PAYNE BRYSON, PH.D.

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HOW TO CULTIVATE COURAGE,
CURIOSITY, AND RESILIENCE
IN YOUR CHILD

From the authors of *The Whole-Brain Child* and *No-Drama Discipline*, an indispensable guide to unlocking your child's innate capacity for resilience, compassion, and creativity. When facing contentious issues such as screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. When kids work from a Yes Brain, they're more willing to take chances and explore. They're more curious and imaginative. They're better at relationships and handling adversity. In *The Yes Brain*, the authors give parents skills, scripts, and activities to bring kids of all ages into the beneficial "yes" state. You'll learn- the four fundamentals of the Yes Brain--balance, resilience, insight, and empathy--and how to strengthen them - the key to knowing when kids

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Description

From the authors of *The Whole-Brain Child* and *No-Drama Discipline*, an indispensable guide to unlocking your child's innate capacity for resilience, compassion, and creativity. When facing contentious issues such as screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. When kids work from a Yes Brain, they're more willing to take chances and explore. They're more curious and imaginative. They're better at relationships and handling adversity. In *The Yes Brain*, the authors give parents skills, scripts, and activities to bring kids of all ages into the beneficial "yes" state. You'll learn- the four fundamentals of the Yes Brain--balance, resilience, insight, and empathy--and how to strengthen them - the key to knowing when kids

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