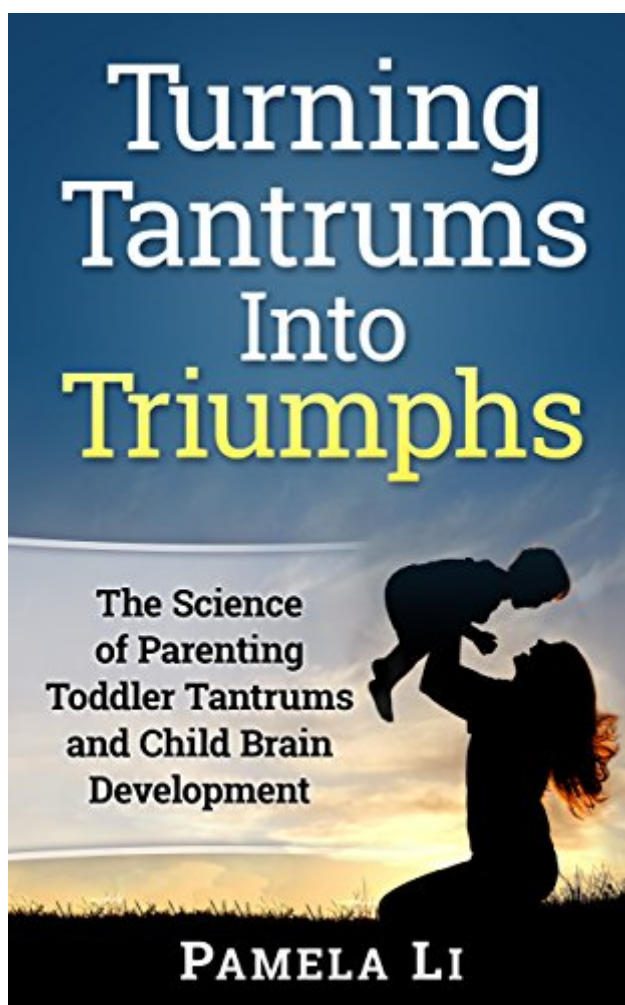


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# Turning Tantrums Into Triumphs: Step-By-Step Guide To Stopping Toddler Tantrums



## Synopsis

The #1 Best-Seller Discover how today's brain research can help parents stop temper tantrums. By following the step-by-step instructions, parents can make terrible-twos terrific. Give your child the gift of emotional self-control now! "This is one of the best parenting books out there. Li's unique approach to handling toddler tantrums is simple, effective and backed by enormous amount of scientific proof. Her insights revolutionize the way we understand toddler behavior. A must-read for any parents and caregivers of young children." -- Mark Burhenne, DDS, #1 bestselling author of The 8-Hour Sleep Paradox "Li offers a fresh new perspective on tantrums and gives parents the tools to turn terrible-two's into valuable opportunities for a child to grow into a mature and resilient person. I highly recommend it." -- Gerald Puk, PhD, Psychologist "This is a must-read book for parents of young children, or anyone likely to spend time around young children. Ms. Li does an excellent job of summarizing, in clear and accessible language, the extensive literature on the neurobiology and psychology of human emotional development. She gives many practical tips on effective ways to manage these commonly challenging situations" -- Cynthia Kong, LMFT, LPCC, Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor " (This book) is highly informative, very concise, and wildly helpful in gaining further understanding of the mysterious little urchins we call toddlers." -- Axie Barclay, San Francisco Book Review

## Book Information

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## Customer Reviews

One of the most trying aspects of being a parent (to date) has been when my daughter throws a temper tantrum. It's been happening more and more frequently. Unfortunately, after working all day my patience and capacity for understanding is a little lower. I did a little searching on and found Pamela Li's book about tantrums, and I'm glad I downloaded it. The book is great for two reasons. First, the author explains why children throw temper tantrums, and she does it in a way that's easy to understand. I guess I had never really given any thought as to why a child would pitch a fit, but now that I understand, I can look at her tantrums a bit differently. Turns out that my daughter is as frustrated with not being able to communicate as I can be with her tantrums. The second aspect of the book that I really liked is that Li gives readers great advice for dealing with tantrums. Her methods end up being learning experiences for both child and parent. Thanks!! Ok, third thing I really like about this book is that it's a short read. Being a parent herself, Li understands that we don't have a lot of time to read over textbooks regarding the subject. I highly recommend this book. Thanks for returning my sanity!

I'll never view a toddler's tantrum in the same way after reading this book. As the author says: "There is never a shortage of parenting advice. What's really important is helping parents obtain the right scientific information to think critically and then make their own decisions. And that's exactly what Pamela Li does; lays out the reasons why children have tantrums, explains what's happening in their brains to cause them, and describes how different reactions will produce different outcomes (and not necessarily the intended result). The natural reaction of many parents to a tantrum is to ignore, punish, or respond with a raised voice and increased agitation. The author explains in simple but scientific terms why these reactions are not effective in the short term or healthy in the longer term. Busy parents will be pleased to know that this is not a long-winded, complicated book to follow, even if it does cover the science behind the

topic. One thing that appealed most is how succinct and straightforward the theory and method is laid out. The author doesn't promise instant results but with the knowledge I gained from this book I certainly feel better equipped to handle tantrums in the best way without causing more problems than I resolve. 4.5 out of 5 stars

"Turning Tantrums Into Triumphs" is an absolute must-read for anyone who is looking to improve their parenting skills by gaining an insightful, deeper understanding of temper tantrums through a scientific, yet easy to understand, explanation of the root causes (and, of course, solutions). I found this book to be especially useful due to the author truly knowing what she is talking about on both an objective and personal level; I have come across far too many parenting books over the past few years where the information seems recycled and detached and much of what is discussed is usually quite questionable.. With Pamela Li's book, the writing feels very relatable and does a great job of expressing the information in an intelligible and straightforward manner. Definitely worth the read.

I originally picked this book up for a friend who is a new mom, but after hearing how much she loved it I had to check it out for myself. As a parent, I cannot even begin to tell you how insightful and valuable the information in this book is for parents. I honestly wish this book would've been around when my daughter was still a toddler, but even with that being said it has allowed me to really take a step back and get a better understanding of why even as a teenager she reacts in certain ways. One of the things that I can truly appreciate about this book is how well it is written. You can tell that Pamela Li truly put in the time to research this subject in order to provide her readers with pertinent information to help them connect the dots as to the ins and outs of tantrums. Beyond this, and my favorite aspect, is that it doesn't read like one long boring report. It is written in a wildly approachable and conversational tone that makes you feel as if you were talking with a friend about parenting. You find yourself relating as a parent to what is being presented and therefore have no trouble immersing yourself in the book and what it has to offer. There is no sense of blaming, but rather of creating a space for understanding and growth that can truly help to transform the relationship with your child. I would definitely recommend this book to friends and family with children!

Thank You !!!!! I found this book to be simple, easy to understand yet full of insight. As a single mother of a young child who seems bent on throwing tantrums at every and anything, I could relate

to this book. It changed my perspective on my daughter's behavior and helped me to see it from her point of view. I was able to take a step back, look at myself and what I was doing, Her concept of "CRAFT" was also amazing as it provided an easy way for me to remember how to respond in those trying situations. This will definitely be my go-to resource book for a few years to come.

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