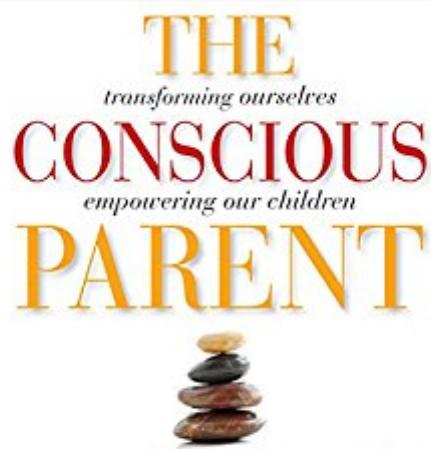


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# The Conscious Parent: Transforming Ourselves, Empowering Our Children



Shefali Tsabary, PhD



## **Synopsis**

Instead of being merely the receiver of the parents' psychological and spiritual legacy, children function as ushers of the parents' development. Parents unwittingly pass on an inheritance of psychological pain and emotional shallowness. To handle the behavior that results, traditional books on parenting abound with clever techniques for control and quick fixes for dysfunction. In Dr. Shefali Tsabary's conscious approach to parenting, however, children serve as mirrors of their parents' forgotten self. Those willing to look in the mirror have an opportunity to establish a relationship with their own inner state of wholeness. Once they find their way back to their essence, parents enter into communion with their children, shifting away from the traditional parent-to-child "know it all" approach and more towards a mutual parent-with-child relationship. The pillars of the parental ego crumble as the parents awaken to the ability of their children to transport them into a state of presence.

## **Book Information**

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## **Customer Reviews**

A friend read this book about 4 years ago and seeing her interact with her child and vice versa I knew I wanted to read this book one day when I raise a child of my own. I ordered this book quickly after I found out I was pregnant and I'm enjoying this information and feeling so thankful for this tool. I'm not through reading it, but my friend who's child is 5 now has such an inspiring family and she recommended my husband and I to read this book. I really enjoy Dr. S. Tsabary's perspective and wisdom and feel thankful to have this tool for parenting.

I loved this book. I wish I had this information when I was raising my children now in their late twenties. I just hope that with the knowledge that is in this book, every new family raising children now, uses it as a guide to help a new generation of well adjusted children, without the help of medications and or too many rules. Just plain unconditional love!!! If you are a young parent, you owe it to your child and yourself to pick up and read this book. You will refer to this book constantly.

As a life coach that guides women in choosing beyond the social conditioning I highly recommend this book.

Great book with a lot of useful information and reminders for both parents. My partner and I listened to the audio book during a road trip and I also have a copy on my Kindle to read whenever I'd like to refresh. I work with kids as well so I enjoy many offerings by this author and like to suggest this book to families expecting or with kids in transitional phases, which is often.

This book is informative and helpful for parents trying to make conscious decisions about raising their children. As is the case with many self-help type books, in my opinion, it was repetitive. The message is a good one, but could have been more concisely stated. I personally am more of a moderate person and the described approach with children is good, but a more moderate approach is what I favor.

Have not even finished this book yet. It has good points but the first half of the book is repetitive. Makes it hard to read. Just want to get to what's next. Definitely useful information though.

I wouldn't usually read something in this category but this book was surprisingly refreshing and made many good points. I learned a little.

I have started to read several different parenting books. I say started because I never finish them. This is the first parenting book that I have ever read in full. It is amazing! There are no quick fixes. "Do this and this will happen." She writes from the view that you have to look at yourself, face yourself, identify the patterns you live and by becoming a person who is more in tune with yourself, you in turn become a better parent. It is not a comfortable book to read, because you have to look at yourself and that can be a scary thing for many. However, it is written in a gentle way so that instead of getting mad at yourself for any mistakes you made you use them to grow. I have completely

changed how I approach parenting and it has made a difference with my relationship with my child. Amazing, amazing book.

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