

Dr Becky Kennedy S

Sharon King-Booker

GOOD INSIDE Becky Kennedy, 2023-10-02 Selama beberapa tahun terakhir, Dr. Becky Kennedy—pakar pengasuhan anak yang sangat populer lewat akun @drbeckyatgoodinside—telah memicu revolusi pengasuhan anak. Jutaan orang tua, yang lelah mengikuti berbagai teori pengasuhan lama dan tetap gagal dilakukan, telah menerima pendekatan Dr. Becky yang memberdayakan dan efektif. Sebuah model yang memprioritaskan hubungan dengan anak dibanding terus menerus mengoreksi apa saja yang mereka lakukan. Cukup banyak pendekatan pengasuhan anak yang berpijak pada pembentukan perilaku, bukannya membesarkan manusia. Berfokus pada perilaku bermasalah, bukannya penyebabnya, justru membuat anak semakin menjauh dan orang tua kerap dihantui perasaan gagal. Dalam buku ini, kita akan belajar mengenai: Menciptakan hubungan yang hangat dan sehat antara orang tua dan anak Membangun kesadaran bahwa semua anak bermasalah pada dasarnya baik Berbagai ilustrasi konflik dan apa yang harus dikatakan kepada anak Mengembangkan ketrampilan hidup: kemampuan meregulasi emosi, memiliki kepercayaan penuh pada diri, dan tangguh saat diterpa masalah. Good Inside akan membantu orang tua beralih dari kebingungan dan perasaan “gagal menjadi orang tua” ke kepercayaan diri dan mampu memimpin keluarga dengan kokoh.

Secure Love Julie Menanno, 2024-01-30 What does a healthy relationship look like? Create a lasting and loving attachment with the help of the expert couple's therapist behind the popular Instagram account @TheSecureRelationship. -- Publisher annotation.

A New Vision for Early Childhood Noah Hichenberg, 2024-12-23 This innovative and thought-provoking book invites you to move away from strategies of control and toward relationships of trust with young children. This book presents the conceptual foundation for this re-framed relationship as well as pragmatic takeaways for parents and teachers of preschool-aged children. The book offers a concise, critical history of early childhood which is then laid against the author's ethnographic research into the daily life of one 2-year-old. This unique and refreshing perspective offers intimate insight into the tension between the adult's desire for control and the child's capacity for resistance. The author argues that when the adult-child relationship is defined by control, the child is faced with the same choice on repeat: submit, or resist. Taking action in accordance with personal wants and needs typically requires transgressing adult expectations. For the child, in today's hyper-surveilled childhood, to speak up is to resist. Moving these ideas from research and theory back into preschools

and homes, *A New Vision for Early Childhood* is important reading for any preschool teacher, leader, or parent who wants to reconsider their relationship with children. We can become allies instead of sheriffs, working with children instead of against them.

A Simply Healthy Life Caroline Fausel, 2025-01-07 Are you ready to change your life for the better? Do you wish you knew what practices actually lead to a healthier, more meaningful life? With all the information bombarding us, it can be hard to cut through all the noise to discern what's most important. If only someone you could trust would parse through all the data, test it out in real life, and then cut to the chase about what really works. Good news: Health coach and wellness expert Caroline Fausel has spent the past decade researching what it really takes to live a healthy, fulfilled life and create a home where everyone in the family can thrive. What she discovered has changed her life and can make all the difference in yours. In *A Simply Healthy Life*, Caroline shows you how to Envision what it would look like for you to feel genuinely happy and healthy; Fuel your body so you feel great and integrate exercise in a way that is realistic and shame-free; Create a clutter-free, non-toxic home; Use spiritual practices like Sabbath rest to grow deeper in your relationship with God; Set up your day with habits to reinforce your healthier choices, and more! When you make purposeful choices about your health, spiritual growth, and relationships, you will be able to flourish--and help those you love flourish too. Get started today! Contains helpful appendix with mental health resources, recipes, and discussion questions for each chapter!

How to Raise a Teenage Girl Toby Prints, 2025-06-02 One minute she's laughing, next she's slamming her door. You wonder if anything you say still matters. Are you walking on eggshells in your own home? Do you feel like your daughter is slipping away and you can't stop it? Are you wondering how you became the enemy overnight? You're not alone. Parents everywhere feel this same tension. One day your little girl was clinging to your leg. Now she won't even make eye contact. Conversations feel like landmines. You replay every word, hoping you didn't mess it up. But this isn't the end of the relationship, it's a turning point. You don't have to yell to be heard. You don't have to give in to keep the peace. You don't have to let her moods set the tone of the whole house. And you don't have to figure it all out alone. You'll love this book because it gives you real ways to: - Reconnect, even when she rolls her eyes or shuts the door - Set boundaries that don't lead to a standoff - Stay calm when she's not - Speak without getting drowned out or tuning out yourself - Handle pressure points like body image, screens, sex, and school without turning every talk into a lecture You'll also save countless hours learning how to: - Respond when she's defensive, sarcastic, or completely silent - Get through to her without power struggles - Parent with strength and clarity, even when you're tired - Show up for her while still protecting your peace of mind This isn't about perfect parenting. It's about steady parenting. You don't need a personality overhaul. You need a clear path through the noise, the moods, and the emotional whiplash. If you're raising a teenage girl and it feels like everything you say lands wrong or not at all, this book will meet you where you are. With straight answers, zero fluff, and a tone that respects both you and

your daughter. Start with the first page. You'll feel seen and you'll know exactly what to do next.

Too Much Terri Cole, MSW, LCSW, 2024-10-15 An empowering new take on codependent behavior, revealing the underlying reasons we struggle with doing it all—and the path to recovery and freedom. Are you the person everyone comes to when they're in a jam? Do you regularly accommodate others' needs and preferences? Does it feel like chaos will ensue if you don't handle the travel plans, divvy up the check at group dinners, sort out your friend's latest crisis, and so on? If these questions resonate, the odds are good that you are one of the over-giving, over-extending individuals struggling with what psychotherapist and boundary expert Terri Cole has termed high-functioning codependency (HFC). When you hear the word codependent, you might think of the traditional enabler framework involving a hapless victim and their selfless rescuer. Terri certainly did. But after years in her therapy practice, she realized that many of her clients were presenting codependent behaviors that fell outside of the classic model. The ironic truth with HFC is that the more capable you are the more codependency doesn't look like codependency. In *Too Much*, you'll discover how to identify your HFC blueprint (or why you relate to others the way you do), the source of the attraction between codependents and narcissists, and how to cultivate emotional resiliency, practice real self-care, and much more. Each chapter includes tips, self-assessments, and exercises to help you transform how you see yourself and the world, avoid relapses, and stay centered in your own experience so that you can relate to others in a healthier way. "How you feel, what you think, what you want matters. In fact, those things need to matter to you the most," writes Terri. "By choosing the path of healing and recovery, you are coming home to yourself." Here is a book for making the shift "from too much to just right," so you can live a life that's full of authenticity, freedom, and joy.

Little Big Moments Andrew Taylor-Troutman, 2023-06-23 *Little Big Moments* is a collection of short essays offering practical and entertaining advice about how to handle the stress of parenting young children. Andrew Taylor-Troutman divides his stories between two key themes: affirming caregivers (You are enough) and valuing community (You are not alone). While sharing his experiences from camping vacations, grocery shopping, and youth sports, Taylor-Troutman weaves his own insights with those of such parenting experts as Dr. Becky Kennedy and Janet Lansbury. He tackles controversial issues, including gender roles and gun violence, from a faith perspective that values compassion and inclusion. *Little Big Moments* is a book for caregivers on the go, perfect for when you're idling in the afterschool carpool line or retreating behind the last parenting sanctuary, the closed bathroom door. In the midst of the daily grind of work and family, this book will encourage, educate, and entertain you.

Very Intentional Parenting Destini Ann Davis, 2022-08-30 A different kind of parenting book that helps parents improve themselves first, so they can then be better parents to their kids. It's time for a fresh approach to parenting! Isn't it time for a parenting book that is practical and relatable? Destini Ann Davis is a working mom and parenting coach who read dozens of parenting books and made all the typical parenting mistakes before realizing that in order to have a peaceful, positive

relationship with her children, she first needed to have a peaceful, positive relationship with herself. Very Intentional Parenting features a fresh, down-to-earth approach to parenting from someone you can relate to. Through real-life examples from her experiences as a mom and parenting coach, she gives readers actionable strategies for tackling many of today's most challenging parenting scenarios using positive discipline techniques, effective communication, and emotional intelligence. She'll encourage you, coach you, and help you become the parent you've always desired to be. If you're a parent looking for more connection and collaboration in your relationship with your child, you've come to the right place. Here's what you'll find inside: A fresh, energetic take on parenting in today's world Practical tips for creating open and constructive dialogue with your kids Parent-focused insights to empower you to heal, so you can then avoid fear- and trauma-based parenting strategies Actionable steps to increase respect in your home, while still preserving the parent-child relationship

Manifest Your Worth Jaimee Salvato, 2025-04-05 Candid, witty, and insightful with a focus on modern challenges--such as social media's impact on self-worth--Manifest Your Worth is loaded with contemporary references, examples from popular culture and well-known figures, making it relatable and engaging. If you've ever struggled with self-doubt, anxiety, imposter syndrome, or internalized trauma, this book inspires you to seek new ways to build confidence, find purpose, and remember that you're not alone. Your pursuit to live authentically can be found through a holistic approach using this genuine, actionable advice. Unlike some self-help books that focus on a single method or philosophy, Manifest Your Worth offers a diverse range of tools and perspectives. There is no doubt this book will have you feeling rejuvenated--empowered to get your life on track and your sense of worth restored.

10 to 25 David Yeager, 2024-08-06 NATIONAL BESTSELLER • Acclaimed developmental psychologist David Yeager reveals the new science of motivating young people ages ten through twenty-five in this groundbreaking book that is a must-read for managers, parents, educators, coaches, and mentors everywhere. "Required reading for anyone who aspires to be a wise influence on the young people they care about." —Angela Duckworth "One of the most fascinating and important books of the past decade...It will change millions of lives." —Carol Dweck "This engaging, data-driven book is filled with practical insights." —Adam Grant Imagine a world in which Gen Xers, millennials, and boomers interact with young people in ways that leave them feeling inspired, enthusiastic, and ready to contribute—rather than disengaged, outraged, or overwhelmed. That world may be closer than you think. In this book based on cutting edge research, psychologist David Yeager explains how to stop fearing young people's brains and hormones and start harnessing them. Neuroscientists have discovered that around age ten, puberty spurs the brain to crave socially rewarding experiences, such as pride, admiration, and respect, and to become highly averse to social pain, such as humiliation or shame. As a result, young people are subtly reading between the lines of everything we say, trying to interpret the hidden implications of our words to find out if we are disrespecting or honoring them. Surprisingly, this sensitivity to status and respect continues into the mid-twenties. 10 to 25 helps adults

develop an ear for the difference between the right and wrong way to respect young people and avoid frustrating patterns of miscommunication and conflict. Yeager explains how to adopt what he terms the mentor mindset, which is a leadership style that's attuned to young people's need for status and respect. Anyone can adopt the mentor mindset by following a few highly effective and easy-to-learn practices such as validating young people's perspectives (rather than dismissing them), asking them questions (rather than telling them what to do), being transparent about your beliefs and goals (rather than assuming that they will accurately guess your thoughts), and holding them to high standards (rather than coddling them). Yeager's scientific experiments have shown these practices reduce a wide variety of behavior problems, including school dropout, unhealthy eating, stress, purposelessness, mental health problems, and more. One of the biggest misconceptions about mentoring is that it takes up too much time. On the contrary, those who use the mentor mindset end up with more time. Through back-and-forth conversations, young people feel empowered, and managers can transfer responsibility to them. Young people in this age group are poised to learn, grow, and accomplish incredible things—if only we can tap into the basic neurobiological systems that drive their motivation and behavior. An essential read for anyone who interacts with young people, 10 to 25 is a groundbreaking book that offers long-term strategies to help nurture well-adjusted, independent, accomplished young people who contribute to society in positive ways—all while making our own lives easier.

Leave Me Alone! Dr. Becky Kennedy, 2026-02-24 Nothing makes Pia happier than playing secret agents with her brother, Charlie. Until . . . an unexpected stumble . . . Did she just ruin the game?! Her body freezes. Her heart pounds. All the feelings in her body start bubbling up, and she explodes. Pia is a Deeply Feeling Kid (DFK). DFKs experience emotions with intensity. Their big reactions to seemingly small events can feel sudden and overwhelming, and attempts to help them often backfire. These are the kids who seem tough and prickly on the outside . . . yet underneath, they're scared and overwhelmed, struggling to manage feelings that seem too big for their bodies. Parenting a DFK can feel like walking on eggshells—never sure what might set things off, always bracing for the next explosion. Dr. Becky has created an approach that helps caregivers stay sturdy, build connection, and become the safe base their kid needs—even in the hardest moments. Picture books from parenting expert Dr. Becky do more than tell a story: They depict real, messy moments and share an important message for kids and parents alike.

Encounters with Children E-Book Jenny Radesky, Caroline Kistin, 2024-11-04 Building on the legacy of Drs. Suzanne D. Dixon and Martin T. Stein, Dixon and Stein's *Encounters with Children*, Fifth Edition, offers a unique, how-to approach to understanding the developmental stages of childhood, providing practical strategies for today's clinicians who interact with children and families. Unlike pathology-focused pediatrics texts, this compact volume examines typical child development and offers expert guidance on childhood stages, developmental challenges, family wellbeing, and social determinants of health. From the neonatal visit and newborn exam through the late adolescent years, this highly regarded reference provides

thorough, evidence-based guidance with an emphasis on relationships as central to a child's wellbeing. Content is aligned with the well-child visit schedule, making it highly relevant to new and experienced clinicians alike. Now under the expert guidance of new editors, Drs. Jenny Radesky and Caroline Kistin, this edition: - Brings the child's perspective into focus through the use of numerous children's drawings and quotes. - Contains a new chapter on the juvenile justice system and school-to-prison pipeline, as well as updates to topics and language that are inclusive of BIPOC families, LGBT families, those experiencing poverty and related material insecurities, children experiencing foster care, and community partnerships to help families under stress. - Draws upon the knowledge and experience of experts in the field and includes new guidance on addressing social determinants of health, promoting parent-child attachment, promoting equitable school readiness, and supporting families through traumatic experiences. - Provides Observational, Interview, and Examination points for each age, and presents a Heads Up section in each chapter, alerting clinicians to certain behaviors that may be present. - Discusses key topics such as childhood depression, digital and social media, educational opportunity, community violence, bullying, learning disabilities, and much more. - Includes data gathering sections at the end of each chapter that demonstrate how to apply information in clinical settings by using age-appropriate interview techniques and activities.

Leadership in Practice Susan Helm-Murtagh, Susan C. Helm-Murtagh, Paul C. Erwin, 2022-07-18 2024 Prose Award Winner for Nursing and Allied Health Services Category! This book is a comprehensive, well-researched, and well-presented guide for nascent and existing leaders of public health care who navigate the complex, fragmented, often underfunded, and rapidly changing system. It is a most valuable resource. ---Doody's Review Service, 5 stars *Leadership in Practice* prepares leaders for the unpredictability, complexity, ambiguity, and uncertainty they will face while leading public health and healthcare organizations and teams. It equips leaders with practical, sustainable, and universal skills, abilities, and intangibles needed to thrive in a constantly-evolving environment. Building on a solid theoretical foundation, *Leadership in Practice* addresses the challenges leaders face in many contexts by exploring the skills and behaviors necessary for the effective practice of leadership. Integrating the most relevant leadership theories, their history, evidence, and application in public health and healthcare, chapters focus on the essential competencies that leaders in public health and healthcare must master, including effective dialogue, ethical leadership and moral courage, systems thinking, strategic thinking and analysis, and emotional intelligence. The textbook discusses the many challenges leaders face, including change leadership, developing an equity mindset, effective leadership during organizational crises, and meaningful engagement with the communities served. Case studies relevant to public health and healthcare examine topics such as leadership during COVID-19, Hurricane Katrina and other natural disasters, community engagement and team building, hiring diverse personnel, preventing burnout, and more to provide lessons learned from real-world examples. *Leadership in Practice* brings together a diverse array of leaders and a wide range of voices to impart wisdom and share unique perspectives and

experiences from public health and healthcare settings. This authoritative resource is essential for anyone training in public health, healthcare management, and related health professions, and illustrates why it is critical to learn from leaders who possess different worldviews, experiences, and training backgrounds. Leadership in Practice provides you with expert insight on building the right leadership framework and developing a meaningful leadership style for your own leadership practice. Key Features: Describes the core principles, skills, traits, and behaviors for effective leadership in practice Includes engaging case studies demonstrating leadership intangibles, applications, and real-world context in public health and healthcare settings Builds self-awareness through self-assessments and reflection exercises Provides wisdom and insight from notable and diverse leaders in the field Leads students and professionals to the development of their own framework upon which to build and continuously evolve their leadership practice

15 Dark and Twisted Tales Sharon King-Booker, 2005 This is a sharp and chilling collection of stories that will truly make you afraid to sleep with the lights out and others that will have you reaching for the tissues. - Stacey Bucholz, Member of RIO and All About Murder Reviews A native of Beulah, North Dakota, Sharon King-Booker has lived and worked in Minnesota and Oklahoma. She now lives in Arizona with her husband and family of cats. A member of the Cat Writers' Association, she has written many poems and songs and has written a novel, *Slaybells Ring*, also available from Heliographica Press.

Good Inside: A Practical Guide to Becoming the Parent You Want to Be Dr Becky Kennedy, 2022-09-15 'The voice of reason for a generation of... mums and dads' - The Guardian Wildly popular parenting expert Dr Becky Kennedy shares her groundbreaking approach to raising kids in a way that feels good.

Soul Song Constance Morris, 2013-04 Becky Kennedy seemingly has it all - beautiful daughters who are successful in their own right; a thriving law practice, and a condo that overlooks the Gulf of Mexico with sunsets casting orange, red and purple at the end of each day. But a closer view tells the rest of the story. Becky has been a primary caregiver for her mother over the last twenty-two years. As Alzheimer's has robbed her mother's memory, Becky and her father have continued their faithful care for her. Then, just two short years ago, Becky lost her husband in an automobile accident that left her struggling to cope with the grief of that loss and the day-to-day decline of the mother she loves. *Soul Song* dives deep into the connection of a daughter to her mother in the final stages of life, when memory is gone and faith sustains, while also experiencing the joy of her relationship with her daughters as their futures grow and their paths are revealed. In the end, faith, family, and love endure all in this compelling story.

A Black Man's Notes on Ancient Egypt Karl C. Pierce, 2023-12-28 A Black Man's Notes on Ancient Egypt is Karl C. Pierce's personal study of his own black history from the beginning of mankind. Throughout the text, Pierce explores several familiar questions. Who were the early Humans? Where did they come from? What was the role of Africa and its people in the development of civilization? Why is Ancient Egypt so critical to this story? This story is unique, as it is not told from an

academic viewpoint, but from that of a truth-seeking black man, intent on solidifying his own knowledge of his ancestors, to push-back on this narrative of blacks as savages promoted for hundreds of years by European scholars whose writings are designed to continue the hundreds of years of disenfranchisement of blacks. About the Author Karl C. Pierce grew up in Richmond, Ca. but lived his adult years in Oakland where he currently resides. He is the father of three adult daughters and the proud grandpa of two grandchildren. Pierce's education and work history are both in the Architectural/Engineering/Planning (AEP) fields, and he is now happily retired. He holds a degree in Urban Studies from San Jose State University. He is also a former member of the American Institute of Certified Planners (AICP).

Dismantling Injustice April Love-Fordham, 2016-05-31 The world needs leaders who are prepared to dismantle injustice. Through the story told in the Song of Solomon, you will learn to use the one tool that heals both victim and oppressor: God's love. This once popular interpretation of the Song of Solomon details a young woman's struggle between submitting to King Solomon as his sex slave and accepting her beloved Shepherd's invitation to come away. The scholars who subscribed to this interpretation believed the Song of Solomon was a rallying cry to dismantle the injustices perpetuated by the unpopular King Solomon against his Northern Kingdom. Was this interpretation buried in modern times to justify slavery and segregation? You will need to judge for yourself. The book is divided into eight lessons, each ending with a suggested spiritual practice. The reader gets a solid understanding of the Song of Solomon wrapped around an unforgettable parable: the story of an African-American baseball coach turned congressional representative, who, influenced by the Song of Solomon, spent his life dismantling injustice. The Disorderly Parable Bible Studies teach the way Jesus taught, by using stories of everyday people and things to illustrate spiritual truths.

Hearings, Reports and Prints of the Senate Committee on the Judiciary United States. Congress. Senate. Committee on the Judiciary, 1960

Matrescence Lucy Jones, 2024-05-07 LONGLISTED FOR THE WOMEN'S PRIZE FOR NON-FICTION • From the acclaimed author of *Losing Eden* ("Powerful, beautifully written"—Anthony Doerr) an important, moving, passionate and passionately written inquiry—personal and scientific—into what happens—mentally, spiritually, physically, during the process of becoming a mother, from pregnancy and childbirth to early motherhood and what this profound process tells us about the way we live now. "I read your book, or more accurately devoured it! Loved it . . . It will be the new classic text in Motherhood Studies." - Andrea O'Reilly, founder, Motherhood Studies "The best book I've ever read about motherhood. Matrescence is essential reading, bloody and alive, roaring and ready to change conversations." -Jude Rogers, The Observer (UK) In this important and ground-breaking, deeply personal investigation, Jones writes of the emerging concept of "matrescence" - the wholeness of becoming a mother. Drawing on her own experiences of twice becoming a mother, as well as exploring the latest research in the fields of neuroscience and evolutionary biology; psychoanalysis and existential therapy; sociology, economics and

ecology, Jones writes of the physical and emotional changes in the maternal mind, body, and spirit and shows us how these changes are far more profound, wild, and enduring than have been previously explored or written about. Part memoir, part scientific and health reporting, part social critique, ecological philosophy, eco-feminism and nature writing, Matrescence is a kind of whodunnit, ferreting out with the most nuanced, searing and honest observations, why mothers throughout this heightened transition are at a breaking point, and what the institution of intensive, isolated motherhood can tell us about our still-dominant social and cultural myths. “Jones seems to come as close as it’s possible to describing this indescribable moment in a woman’s life.” –Joanna Pocock, The Spectator (UK)

The Enigmatic Realm of **Dr Becky Kennedy S**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Dr Becky Kennedy S** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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