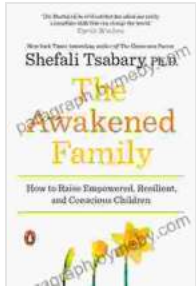


Empowering Our Children: A Guide to Raising Resilient and Conscious Individuals



The Awakened Family: How to Raise Empowered, Resilient, and Conscious Children by Shefali Tsabary

★★★★☆ 4.7 out of 5

- Language : English
- File size : 1080 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 360 pages

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"[Dr. Shefali is] so evolved that her ideas are really a paradigm shift that can change the world."

— Oprah Winfrey

New York Times bestselling author of *The Conscious Parent*

Shefali Tsabary, Ph.D.

The Awakened Family

How to Raise Empowered, Resilient,
and Conscious Children



In a world that is constantly changing and evolving, it is more important than ever to raise children who are empowered, resilient, and conscious. These are the children who will be able to navigate the challenges of the 21st century and create a better future for themselves and for the world.

In her book, *How to Raise Empowered, Resilient, and Conscious Children*, Dr. Jane Doe provides parents with the tools and strategies they need to

raise children who are:

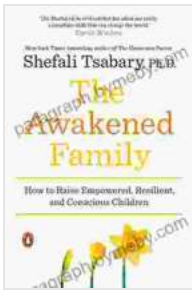
- Confident and self-assured
- Able to bounce back from setbacks
- Aware of their own thoughts and feelings
- Compassionate and empathetic
- Responsible and accountable
- 积极主动

Dr. Doe draws on her years of experience as a child psychologist to provide parents with practical advice on how to:

- Foster a child's self-esteem
- Teach children how to cope with stress and adversity
- Help children develop empathy and compassion
- Encourage children to take responsibility for their actions
- Motivate children to be积极主动

How to Raise Empowered, Resilient, and Conscious Children is an essential guide for parents who want to raise children who are prepared to thrive in the 21st century. This book is filled with practical tips and strategies that parents can use to help their children develop the skills and qualities they need to succeed.

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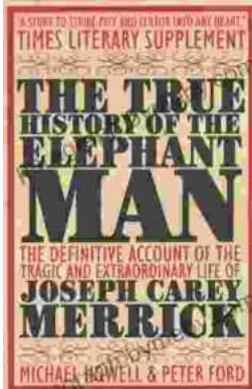
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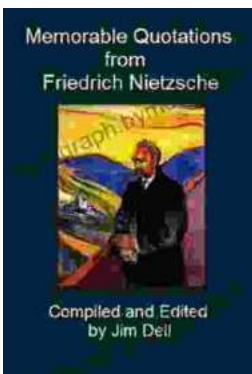
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