



# **Happy Kids Happy You: Using NLP to bring out the best in ourselves and the children we care for**

*Sue Beever*

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# Happy Kids Happy You: Using NLP to bring out the best in ourselves and the children we care for

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## **Happy Kids Happy You: Using NLP to bring out the best in ourselves and the children we care for** Sue Beever

Every child, every family situation is different and parenting is a journey of constant change. There are no "right answers", only what works for you and your family. This book will give you a toolkit of practical NLP (Neuro Linguistic Programming) methods flexible enough to cover all situations. It focuses equally on the needs of you, the parent, as well as your child and will help you: get your family life running more smoothly; understand your children; support and encourage them and their development more effectively; recognise and meet your own needs so you can be more resourceful in family life; feel more confident and positive so you can have fun and enjoy being a parent more of the time! Rather than giving prescriptive advice, Happy Kids Happy You will enable you to develop your own solutions to situations. You will learn to speak and behave more positively with your children and experience outstanding results!

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