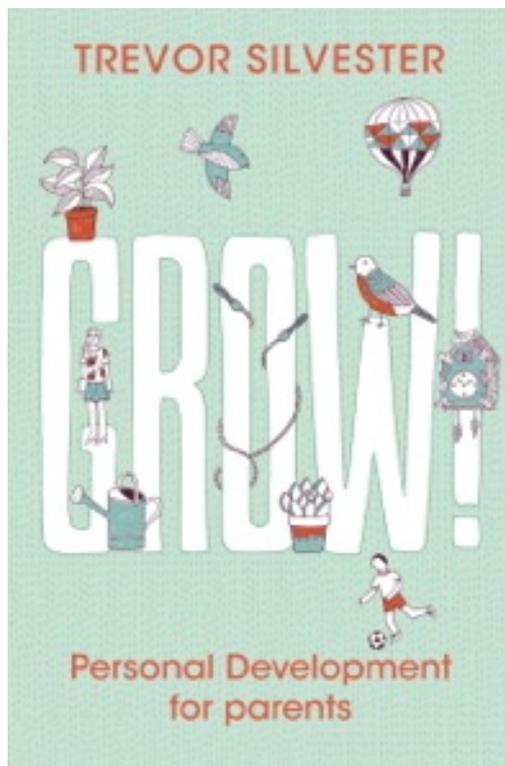


Scaricare Online Book Italiani Grow! - Trevor Silvester



Scaricare online book Italiani Grow! Trevor Silvester , Trevor Silvester is a Harley Street therapist and author of *Lovebirds* who is revolutionising the way we understand human nature.

Grow! is a distillation of over 20 years of experience as a therapist applied to the task of raising happy children.

Your children develop primarily in response to your influence, says Trevor. Writing with wonderful wit and clarity, he shows why parents need to nurture their own personal growth so their children can grow to become who they want to be. He shows how parents can overcome their own limitations so they don't pass them onto their children, and how best to guide the young toward becoming strong, resilient and fulfilled adults.

Trevor identifies two ways of being in the world; we're either in a state of growth or a state of protection, and he argues that our interpretation of childhood events, and modern culture, often needlessly trigger us into a state of protection, leaving us anxious, fearful and unwilling to live life fully. *Grow!* describes strategies for keeping us, parents and children, in a state of growth.

Using eight parenting mantras to guide you, he shares valuable lessons gained from the latest scientific research, as well as many hours in the therapy room. Incorporating them into your parenting will improve your child's wellbeing enormously. Incorporating them into your life will improve everything.

To assist in making these new ideas habitual in the shortest space of time, Trevor has also created a series of downloads for you to listen to, using principles of unconscious influence that have been proven to work.

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