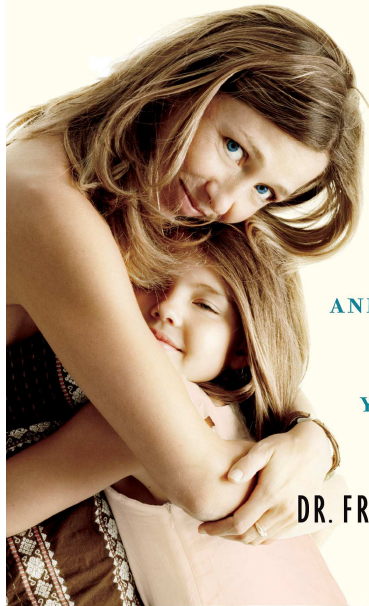


# THE SELF-AWARE PARENT



RESOLVING  
CONFLICT  
AND BUILDING  
A BETTER  
BOND WITH  
YOUR CHILD

DR. FRAN WALFISH

# The Self-Aware Parent

*Resolving Conflict and Building a Better Bond with Your Child*

Dr. Fran Walfish

Foreword by Saul L. Brown MD

The bond between infant and parent is the most natural phenomenon in the world, but as children reach their preteens and form their own personalities, fireworks between child and parent can ensue. Drawing on 20 years of clinical experience and the latest research on attachment, family therapist Dr. Fran Walfish shows parents how to distinguish their own personality types in order to make better decisions about how they interact and raise their children. Written with warmth, and authority, these are valuable lessons for parents about their half of the parent-child relationship.

"Dr. Fran Walfish's enthusiasm and dedication are infectious."  
--Dr. Wendy Mogel, author *The Blessing of a Skinned Knee*

Frances Walfish, Psy.D., MFT, is a leading child and family therapist in private practice. She is a consultant for Parenting Teens Resource Network, *Parents* magazine, Little Soul Productions, Los Angeles City Crisis Intervention Counselors, Momlogic.com and chairs the Governing Board of the Early Childhood Parenting Center. She lives in Beverly Hills, CA.

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