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the fascinating link
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brain that give us deep

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**No-Drama Discipline:
the bestselling
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...
— Daniel J. Siegel, No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind “As scientists put it, the brain is plastic, or moldable. Yes, the actual physical architecture of the brain changes based on what happens to us.”

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Quotes by Daniel J. Siegel

In this podcast, I speak with Dave Stachowiak of the Coaching for Leaders podcast about my book (co-authored with Daniel Siegel), No Drama Discipline.

Together we cover the below key points :
Much of what we do in the name of discipline is counter-productive.
The original meaning of the wo

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Coaching for Leaders: No Drama Discipline — Tina Payne ...

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children learn self-control, emotion regulation, and empathy.

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times > Air
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Emotional Intelligence
“Frustrated parents often ask me why the disciplinary techniques they are using with their children aren’t working, or are even making things worse.

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The pioneering expert behind The Whole-Brain Child—Daniel J. Siegel explores the

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ultimate child-raising
challenge: discipline.
The No-Drama
Discipline approach
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compassionate...

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No-Drama Discipline is
the parenting,
relationship and
psychology book which
tells us the effective
way to deal with our
children without
hurting their self-

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breaking their
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the New York Times
bestseller, 'No Drama
Discipline,' by
Brainstorm author
Daniel J. Siegel and
Tina Payne Bryson.

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**Summary: 'No-
Drama Discipline' By
Daniel Siegel And
Tina ...**

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Hardcover - Sep 23
2014 by Daniel J. Siegel
(Author), Tina Payne
Bryson (Author)

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