



Living What You Want Your Kids to Learn: The Power of Self-Aware Parenting

Cathy Cassani Adams

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In a candid and uplifting manner, therapist-coach and podcast host Cathy Adams shares everyday epiphanies from her own parenting and professional experiences to reveal that while becoming a self-aware parent isn't always easy, it is powerful and liberating. All too often we fall into the trap of parenting without a real awareness of what we're doing and why we're doing it, invariably using other peoples' ideas and values or outdated child-rearing techniques. By developing self-understanding, then parenting from this authentic state, we become joyful individuals who live in a way that's true to ourselves. **LIVING WHAT YOU WANT YOUR KIDS TO LEARN** focuses on how we can rediscover self-worth and parent in a more connected way. Because children learn by watching how we live, not by listening to what we say.

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