

The “Perfect” Parent: 5 Tools for Using Your Inner Perfection to Connect with Your Kids

Are you **tired of battling** with your kids over *everything*?

Are you having more **communication breakdowns** than breakthroughs?

Are you ready to learn how to eradicate **guilt, doubt, worry, and fear**?

Are you a **stressed-out** parent who used to be perfectly happy and relaxed?

It’s time for a parenting makeover!

The five simple, science-supported communication tools in this book will:

- Relieve you from the **pressure of being “perfect”** and getting parenting right all the time
- Educate and empower you to resolve and **dissolve taxing emotions**
- Teach you the basic **facets of communication** so that you can build a strong foundation of understanding and **get through to your kids**
- Motivate you to use *one* simple emotional intelligence tool to **unlock communication** instead of being caught up in **emotion-commotion**
- Give you **tools to keep your cool** and open up dialogue with your children.
- **Power up your Parental Guidance System (PGS)** so that you can navigate through the ups and down of parenting
- Help you build not just good but great **lasting relationships with your kids** despite everyday challenges
- Support you in raising kids to **be happy, think positive, and do good**—for themselves and those around them
- Draw a roadmap **to simplify the parenting experience and amplify the enjoyment.**
- Leave you with a **powerful, easy-reference toolbox**

Roma Khetarpal does *not* tell parents how to parent their children. She believes that each parent is “perfect” for their kids and knows his or her own child best. With the 5 tools, however, she helps change their perspective on parenting, empowering them to uncover, discover, and extract their own inner resources—their inner perfection—to mindfully build and strengthen the beautiful bond between parents and children for the long term.