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

Roma Khetarpal. Greenleaf, \$15.95 trade paper (216p) ISBN 978-1-62634-103-6



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Parents who are struggling to be the “perfect parent”—and in the process raise the “perfect child”—would do well to take some time out for this unusual guide. Khetarpal’s suggestion for setting your child on the path to future success, which is introduced early in the book, sounds simple: “If a child is happy to begin with, then all the other accomplishments naturally follow.” Any parent knows, however, that raising happy children isn’t all that simple. Using “emotional intelligence” and “personal empowerment,” Khetarpal’s approach is fundamentally different from many currently popular child-rearing approaches. She employs top-shelf experts (Deepak Chopra, Dr. Alvin Rosenfeld, Dr. John Gottman) to illustrate key concepts. She also shares five communication tools to help parents develop a strong and positive relationship with their children. A simple review section at the close of each chapter provides affirmations and quick takeaways that are also collected in a “‘Perfect’ Parent Toolbox” at the end of the book and are ideal for easy reference. The book itself isn’t perfect—it includes some cheesy therapist-talk (“dealing with the feeling”) and some concepts (“Honoring your child”) that may turn off some parents. Just as frequently, though, Khetarpal comes up with original and easily applied ideas that may prove lifesavers for the harried parent. (Oct.)

Reviewed on: 08/18/2014
Release date: 10/01/2014