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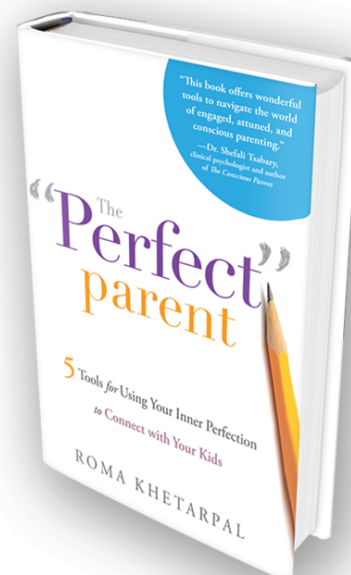
## Standouts from Deurlein and McCraith, Raising Passionate Readers, Adoption, First Bites | Parenting Reviews, November 15, 2014

BY JULIANNE J. SMITH ON  NOVEMBER 11, 2014  LEAVE A COMMENT

... *\*An excerpt from: <http://reviews.libraryjournal.com/>*

**Khetarpal, Roma. The "Perfect" Parent: 5 Tools for Using Your Inner Perfection To Connect with Your Kids. Greenleaf. 2014. 224p. ISBN 9781626341036. pap. \$15.95. ebk. available. CHILD REARING**

Don't be alarmed by this irritating title, which is a spin-off of the author's (encouraging!) belief that your children would choose you over any other possible parent. Begun as a series of parenting classes founded by Khetarpal in 2008 called Tools of Growth, this book takes a calming Deepak Chopra-like view of the journey of child rearing and gives readers a new perspective on the larger themes of why we do what we do. Similar in approach to mindfulness, Khetarpal argues that while we might be around our kids a lot and doing things for them, we are not necessarily connected, and "repetitive questions of doubt and guilt signal us to get off the multitasking highway and slow down." After all, our kids will remember the time we spent with them more than the hours we took rushing them around. **VERDICT** Complete with affirmation reminders and "quick takeaways" at the end of each chapter, Khetarpal's work has some wise words for finding joy amid the chaos and keeping relationships the primary focus of our daily interactions. Enthusiastically recommended.



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