



## Roma Khetarpal

Author of *The "Perfect" Parent*, Founder/ CEO of Tools of Growth, and Educator



Roma Khetarpal is the author of the "Perfect" Parent :5 Tools for Using Your Inner Perfection to Connect with Your Kids and the founder/ CEO of Tools of Growth, through which she helps parents raise kids to "Be Happy, Think Positive, and Do Good" The book is the recipient of Publications Awards (NAPPA) Gold Award, as well as the Parents' Choice Award and the Mon's Choice Gold Award. She is also a frequent contributor to parenting and other blogs.

Roma is a Trained Mindfulness Facilitator through the UCLA Mindfulness Awareness Research Center and a Certified Mindfulness Teacher -- Professional Level, through the IMTA (International Mindfulness Teachers Association).

Through her book, parenting classes, community outreach, educational workshops, and TOG blog, Roma provides parents and other caregivers with simple, easy -to- remember, and effective communication tools that help them build a strong foundation and relationship with their children. By synthesizing the themes and concepts of the personal growth and emotional intelligence fields, along with cutting – edge research. Khetarpal delivers her message in an accessible, reassuring, and empowering way.

Khetarpal is also the originator of a groundbreaking school program — The Mindful Play Leaders 'Program – for school classified staff, teachers, and junior lifeguard instructors. Growing fast and in high demand, this program, which grew out her book, has currently impacted over 40, 000 children both in the public and private sector, and a Certified Mindfulness Teacher — Professional Level, International Mindfulness Teachers Association.

She is a Member of the Board of Directors for the Santa Clarita Valley Education Foundation, an organization providing support, programs and leaderships for K-12 public school education. Khetarpal also serves on the Board OF Directors at AM -Touch Dental, where she previously served for 20 years as Vice President of Sales and Marketing and where she currently teaches employee relations classes. She is also working on a line of children 's products that will promote self – understanding and emotional intelligence. She lives in the Los Angeles area with her husband, Harry. They are the proud parents of two adult children, Nitasha and Navin.

## The "Perfect" Parent

Parents today face extreme pressure to get everything exactly "right" in a pursuit for perfection, which makes them feel that parenting is hard. They worry about whether they're doing a good enough job and wonder if their kids will turn out okay. In this book author Rima Khetarpal puts all of that agony to rest, she explains how the key to a fulfilling parenting experience is to stop chasing communicative connection with your children — which will lead kids to be happy, think positive, and do good.

Khetarpal's advice is enhanced by humorous real-life examples and anecdotes taken from personal experience and popular parenting classes she's taught for years, as well as easy-to-remember exercise —including "Dealing with the Feeling" and "Take Five" — for use in common family situations. Once parents finish this short, enjoyable, and memorable read, they will be equipped with the tools they need to build a relationship with their kids that lasts a lifetime.

Published by: [Greenleaf Book Group](#).

**"Khetarpal comes up with original and easily applied ideas that may prove lifesavers for the harried parent."**

