



# Modern Mothering: How to Teach Kids to Say What They Feel and Feel What They Say

*Tian Dayton*

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# **Modern Mothering: How to Teach Kids to Say What They Feel and Feel What They Say**

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**Modern Mothering: How to Teach Kids to Say What They Feel and Feel What They Say** Tian Dayton

Mothers will never have a job more important than raising our children to be healthy and spiritually alive. But how do we nurture our children's emotions the way we nurture their intellects? In this tender and wise book, Dr. Tian Dayton—familiar to millions of readers from her appearances on Montel, Geraldo, John Walsh, MSNBC, NBC, and CNN—discusses the latest techniques for nourishing sound emotional development in our children. By weaving together everyday experiences and easy to understand explanations of scientific research, Dr. Dayton highlights the importance of personal authenticity. Children become strong and develop confidence when they can say what they feel and feel what they say. Dayton helps mothers take up the opportunity to heal their own childhood issues and grow emotionally, intellectually, and spiritually.



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