

Leggere Urlare Non Serve A Nulla Ebook Gratuito PDF/EPUB/mobi - Daniele Novara



leggere Urlare non serve a nulla Ebook gratuito PDF/EPUB/mobi Daniele Novara , Non è mai stato facile farsi ascoltare dai figli, e lo stress e la mancanza di tempo delle nostre vite acuiscono il problema. Molti genitori si trovano quindi ad alzare sovente la voce, non solo perché troppo aggressivi e impositivi, ma molto spesso per la ragione contraria: il tentativo impossibile di mettersi sullo stesso piano dei figli, tentativo che mostra sempre la propria inefficacia e di conseguenza genera altro stress, frustrazione e, infine, urla. Daniele Novara, uno dei maggiori pedagogisti italiani e massimo esperto di conflitti interpersonali, raccoglie in questo libro riflessioni e indicazioni pratiche per spiegare come imparare a controllare le proprie reazioni emotive e riuscire, con la giusta organizzazione, a farsi ascoltare efficacemente e gestire nel modo migliore i conflitti che quotidianamente si generano con i figli. Partendo dal racconto di storie vere raccolte nel suo lavoro di sostegno ai genitori - dai capricci dei piccoli ai dubbi sull'uso delle punizioni, dalla divisione dei ruoli tra madre e padre alle tipiche discussioni della prima adolescenza -, l'autore mostra la strada per

un'educazione basata su regole chiare, organizzazione e una buona comunicazione, che mette i genitori in grado di aiutare i figli a crescere, sviluppando tutte le loro risorse.

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