



BOOK RECOMMENDATION

NO DRAMA DISCIPLINE

**FROM AUTHORS: DANIEL J. SIEGEL & TINA
PAYNE BRYSON**

- STRATEGIES THAT HELP PARENTS IDENTIFY THEIR OWN DISCIPLINE PHILOSOPHY- AND MASTER THE BEST METHODS TO COMMUNICATE THE LESSONS THEY ARE TRYING TO IMPART.
- FACTS ON CHILD BRAIN DEVELOPMENT- AND WHAT KIND OF DISCIPLINE IS MOST APPROPRIATE AND CONSTRUCTIVE AT ALL AGES AND STAGES.
- TIPS FOR NAVIGATING YOUR CHILDREN THROUGH THE TANTRUM TO ACHIEVE INSIGHT, EMPATHY AND REPAIR.

**RECOMMENDED BY: PRIYANAKA SHINDE
(SCHOOL COUNSELOR)**





BOOK RECOMMENDATION

WAY OF THE PEACEFUL WARRIOR

FROM AUTHORS: DAN MILLMAN

THE BOOK ENCOURAGES READERS TO
“WAKE UP” FROM THEIR MINDLESS HABITS
AND LIVE WITH GREATER AWARENESS

THE CENTRAL MESSAGE IS TO “BE HERE
AND NOW” AS THE PAST AND FUTURE ARE
ONLY MENTAL CONSTRUCTS THAT CAUSE
SUFFERING.

THE BOOK EMPHASIZES THAT WE CREATE
OUR OWN LIFE CIRCUMSTANCES THROUGH
OUR CHOICES AND THAT BLAMING OTHERS
HOLDS US BACK.

**RECOMMENDED BY: COMMANDER
RUPENDRA SINGH (PARENT)**

