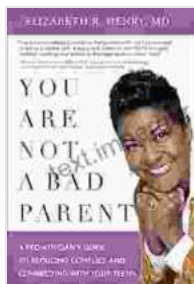


You Are Not a Bad Parent: A Journey of Hope and Healing for Parents Who Feel Flawed



You Are Not A Bad Parent: A Pediatrician's Guide To Reducing Conflict And Connecting With Your Teens

by Paul Stoller

★★★★★ 5 out of 5

Language : English

File size : 396 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 256 pages



Are you a parent who feels like you're not ng a good enough job? Do you constantly compare yourself to other parents and come up short? If so, you're not alone. In fact, millions of parents feel the same way.

The truth is, there is no such thing as a perfect parent. We all make mistakes. We all have moments when we lose our patience or say something we regret. But that doesn't mean we're bad parents.

If you're struggling with feelings of guilt, shame, or self-doubt about your parenting, know that you're not alone. And there is hope.

In her new book, *You Are Not a Bad Parent*, author and mother Jessica McCabe offers a roadmap for overcoming the guilt, shame, and self-doubt

that can accompany parenting. Drawing on her own experiences as a parent, as well as her work with other parents, McCabe provides practical advice and encouragement for parents who are struggling.

McCabe believes that all parents have the potential to be good parents. But she also knows that parenting is hard. It's full of challenges and setbacks. And it's easy to get discouraged.

That's why she wrote *You Are Not a Bad Parent*. She wants to help parents see that they're not alone. And she wants to give them the tools they need to overcome the challenges of parenting and become the best parents they can be.

If you're a parent who is struggling, I encourage you to read *You Are Not a Bad Parent*. It's a book that will offer you hope, healing, and encouragement.

Here are some of the things you'll learn in *You Are Not a Bad Parent*:

- How to overcome the guilt, shame, and self-doubt that can accompany parenting
- How to build a strong and healthy relationship with your child
- How to set limits and boundaries for your child
- How to discipline your child in a positive and effective way
- How to cope with the challenges of parenting

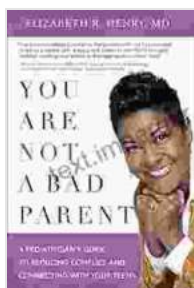
If you're ready to become the best parent you can be, I encourage you to [Free Download](#) your copy of *You Are Not a Bad Parent* today.

You can Free Download your copy of You Are Not a Bad Parent from Our Book Library, Barnes & Noble, or your local bookstore.

You can also Free Download a signed copy of You Are Not a Bad Parent from Jessica McCabe's website.

Thank you for reading!

Jessica McCabe



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