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### **Be A Happier Parent With**

“People who describe themselves as happier parents typically move from greater involvement when their kids are younger to encouraging independence when their kids are older,” Dell’Antonia

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says.

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## **How to Be a Happier Parent | Psychology Today**

“ How to Be a Happier Parent is a revelation, an entire book intended to support rather than undermine, parents who wish to lead with love and trust that everything else will follow. I am so

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grateful for her straight talk, sincerity, and willingness to share her own mistakes.”

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Be A Happier Parent with NLP gives you the skills you need to raise a confident, secure child in a confident and secure



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manner. The book uses the tried, trusted and proven techniques of neuro-linguistic programming to help tackle areas in which you may feel you lack confidence as a parent, while at the same time giving you the skills to help your child be happy, fulfilled and confident him- or herself.

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## **5 Ways to Be a Happier Parent - How to Find Joy in ...**

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How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute An encouraging guide to helping parents find more happiness in their day-to-day family life, from the former lead editor of the New York Times Motherlode blog. In all the writing and reporting KJ Dell'Antonia has done on families over the years, one

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topic keeps coming up again and again:  
parents ...

## **How to Be a Happier Parent - KJ Dell'Antonia**

Special Guest: KJ Dell'Antonia. Well, here's some troubling news. For many years, research has shown that non-parents are happier than parents. In

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today's world where many parents are often shuttling kids from one destination to another, coping with high anxiety around school, sports, college, their children's friends, their children's interests, screen time, keeping their children ...

## **How to Be a Happier Parent with KJ**

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Want to be a happier parent? Grow your family to at least four children! According to a study out of Australia's Edith Cowan University, parents with the most life satisfaction (which means those who are the happiest) are those that have four or more children.

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## **Parents With Four Or More Kids Are Happier, According To ...**

21/31 Ways To Be A Happier Parent - Identifying With Our Thoughts. Simon Benn Children's Happiness Expert. 20 views · July 23. 6:12. 17/31 Ways To Be A Happier Parent - Less Anxiety. Simon Benn Children's Happiness Expert. 33 views · July 22. 4:13.



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## **16/31 Ways To Be A Happier Parent - Doing Your Best**

KJ Dell'Antonia is the author of the viral New York Times essay Why I Didn't Answer Your Email, which pretty much makes her Team Paper-except for traveling. Or while unexpectedly quarantined in an other country with

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three small children. She is the former editor of the Times' Motherlode blog and the author of the book How to Be a Happier Parent. Her debut novel, The Chicken Sisters, is a timely ...

### **KJ Dell Antonia - KJ Dell'Antonia**

5 Ways to Be a Happier Parent 1. Set limits without guilt or anger. Anyone who

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has witnessed the masses of crying children attached to zombie-like parents exiting Disney World at the end of the day realizes there can be too much of anything. Don't wait until you are on your "last nerve" before you establish reasonable limits.

## **5 Ways to Be a Happier Parent -**

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**Expert Parenting Help**

Here are strategies for an easier and more empowered parenting existence, based on watching happy parents and trying their techniques. AD Parent from wisdom, not fear.

**12 ways to be a happier, more effective parent this year ...**

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How to Be a Happier Parent is now available in online bookstores. For now, here's what the publisher has to say about it: An encouraging guide to helping parents find more happiness in their day-to-day family life, from the former lead editor of the New York Times' Motherlode blog.

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## **How To Be A Happier Parent by KJ Dell Antonia**

You're Still Happier Than Non-Parents, Study Finds" might drift across my Facebook feed. And then I'll hear the news that "Fatherhood Has a Huge Impact on Your Happiness, Studies Say."

### **What Is Happiness As a Parent?**

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Turn to a trusted partner, co-parent, family, friend, school, religious group, or support network to seek advice or a helping hand. At one time or another, everyone has needed a shoulder to lean on. Don't be afraid to ask for assistance.

**How to be a Happier Parent | Mercy Home for Boys & Girls**

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What do you do to be a happier parent and have happier kids? Do you think that there is some sort of secret to being happy every day, or do you think it is a daily choice? Top Photo: temporary tattoo available at Tattly. copy. Twitter Facebook Pin It Email Article. About the Author



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## **17 Ways to Be a Happier Parent | Alpha Mom**

Dell'Antonia's writing style is friendly, funny, and always understanding. She's not going to judge how your family does things—she's simply offering a less stressful alternative that might bring you greater happiness as a parent. Often, she recommends that the best course of

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action to ease parent stress is simply  
doing less.

## **KJ Dell'Antonia's How to Be a Happier Parent Book Review**

Tips to Be a Happier Parent in 2020 This  
Year, I Want to Be a Happier Parent, Not  
Necessarily a "Better" One. February 6,  
2020 by Kate Schweitzer. 119 Shares

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**Tips to Be a Happier Parent in 2020  
| POPSUGAR Family**

This episode features an interview with KJ Dell'Antonia, a mother of four and author of "How to Be a Happier Parent". The inspiration behind the book was KJ's personal experience of feeling

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dissatisfied with parenting on a day-to-day basis. Her biggest struggles being mornings, sibling disputes, and homework.

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