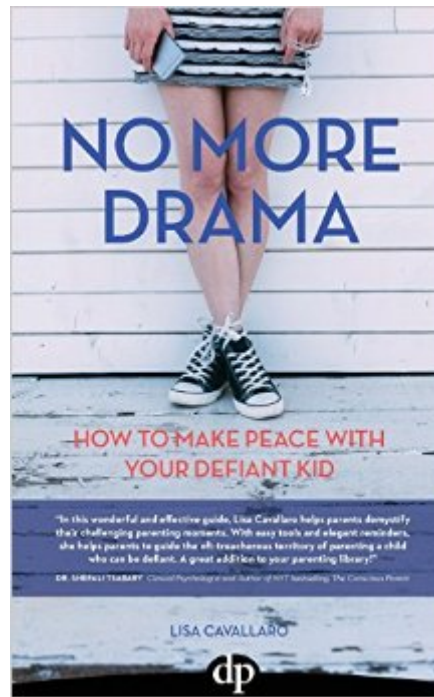


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# No More Drama



## Synopsis

Parenting is hard. Really? This may be what they tell us and it may feel that way at times, but is this something you just want to accept? Have you caught yourself thinking that the challenges of parenting a defiant kid far outweigh the joys? Do you ever wish your relationship with your child could miraculously become more enjoyable? If so, then you and this author have a lot in common. Lisa Cavallaro has helped hundreds of parents, teachers and administrators create the kinds of relationships they want to have with kids. Influenced by her own real-life parenting blunders, Lisa created a plan that helps clients feel a greater sense of ease - even with the most difficult of kids. And now she shares her process in this easy-to-read format including simple exercises so that you can begin feeling greater ease too. In *No More Drama*, Lisa offers personal experiences from her "struggle years" demonstrating the effects of "hard" parenting. She then quickly moves into the anecdotes that worked for her and the processes she developed for her clients. After reading this book, you'll feel a greater ease in parenting and you'll also feel:

- Confident in knowing you can handle any situation with your child
- Self-assured regarding your style of parenting
- Happier with life in general
- A renewed interest in what really jazzes you

"This book is counter intuitive--if you have a defiant child, how do you make them change that? Well, according to what I'm reading, you don't. The problem of defiance isn't resolved by focusing on or trying to micro manage the defiance or other negative behavior. The answer is in correcting your own behaviors. I'm loving it as I see this more of a leadership book--effective leaders don't spend their time focusing on the wrong things in an organization but in setting a vision for success, enabling that and trusting on the organization to rise up to that bold expectation. The premise is that children are good and intelligent and will follow the example set for them--the child learning from their actions is not a function of a parent drilling that into them.

## Book Information

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## Customer Reviews

Some good advice, for some people, but not for all. You have to realize each child is different, as are the issues, background, methods and lifestyles. There are hundreds of ways to be defiant, as there are reasons. It will only work if the reason behind the drama, is clearly known, and accepted, and understood by all parties.

This book is counter intuitive--if you have a defiant child, how do you make them change that behavior? Well, according to what I'm reading, you don't. The problem of defiance isn't resolved by focusing on or trying to micro manage defiance or other negative behavior. The answer is in correcting your own behaviors. I'm loving this book as I see this more of a leadership book--effective leaders don't spend their time focusing on the wrong things in an org but in setting a vision for success, enabling that vision and trusting on the org to rise up to bold expectations. The premise is that children are good and intelligent and will follow the example set for them--the child learning from their actions is not a function of a parent drilling that into them. If you have a defiant child and "controlling" their behavior isn't working for you, I strongly recommend Cavallero's approach. I also recommend the book for managers who want to stop mico-managing. This book has a lot to offer in both realms.

In *No More Drama*, Lisa Cavallaro openly shares how she found herself embroiled in conflict with one of her three children, and how that conflict affected the entire family. Even after she attained a master's degree in a marriage and family therapy program, and certification as a Master Life Coach, Lisa still struggled to imagine a different relationship with her defiant daughter. Lisa shares the thoughts, roadblocks, and habits that kept her stuck. Once she realized that she was "waiting for someone else to change," her life shifted in positive and wonderful ways. It became important to her to step out of her story and model for herself and her children how to live a healthy, happy life. Having less drama is certainly on the radar of most parents today. This book offers thought-provoking exploration and short exercises for all parents who want to interact more effectively with their children.

This book is valuable for parents and care-givers but also important in understanding and managing one's relationships in all realms of life! Cavallaro's insights on focusing within direct attention to the heart of the matter in our society at large. This approach not only alleviates drama in the moment but sets an example for true relationship success throughout your children's lives. I highly commend Cavallaro's book on taking away blame and martyrdom and replacing it with leadership and responsibility. It is a must read!

In *No More Drama*, Lisa Cavallaro shows us how to do exactly that – “stop all that drama with your children. Through telling her own story based on her relationship with her daughter, Cavallaro offers relief to parents struggling with their strong-willed children. She shares her insights on what she learned and generously lays them out in easy to use steps so we can learn to stop the drama like she did. This book is like having your own personal parenting coach to help you stop these frustrations with your kids. I recommend this book to anyone who's had it with the traditional tips and tools to make your kid behave and are ready for something refreshing – “that works and restores peace to your home. A must-read!

Cavallaro offers wisdom, not tactics. Telling her own stories of parenting challenges and successes, she gently guides the reader to understand that the only thing we can control is our own self. Owning and controlling our own beliefs, perceptions and behaviors are our most effective and powerful parenting gifts.

This is a great book if you're a parent. This is a great book if you're not a parent. Replace the words "your child" with "your co-worker, your spouse, your employees, your friends, the people around you, or even yourself" as appropriate, and you can apply Lisa's words to many aspects of your life. It's a book about modifying expectations, modeling the behavior you want to see in the people around you, and in general about creating a happier YOU. Bravo, Lisa. Even though I am childless, I can relate to and understand your journey.

Lisa Cavallaro reveals the one insight about parenting that we all need to remember as moms and dads: When we change ourselves, we change the people around us. In this heartwarming book with plenty of engaging, personal stories Lisa manages to gently reveal how much we impact the relationship with our children through by own limited thinking. I can't tell you how inspiring this book

is and how it brings a feeling of relief to me as a parent. Through her inspired experience, Lisa instills hope. You are going to love it!

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