

**Mindful Discipline: A Loving Approach To Setting
Limits And Raising An Emotionally Intelligent Child By
Chris White MD**

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Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child, written by Shauna Shapiro, Ph.D & Dr. Chris White

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Shauna Shapiro, PhD, is a professor, as well as Mindful Discipline: A loving approach to setting limits and raising an emotionally intelligent child. Dr.

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