

# **[PDF] Discipline Without Distress: 135 Tools For Raising Caring, Responsible Children Without Time-out, Spanking, Punishment Or Bribery**

**Judy Arnall - pdf download free book**

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**Books Details:**

Title: Discipline Without Distress:

Author: Judy Arnall

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**Description:**

**Review** Offers a wealth of ideas and suggestions for raising children without the use of punishment of any kind. --Linda Adams, President and CEO of Parent Effectiveness Training

The world is in desperate need of gentle, caring discipline techniques. Judy Arnall has created a

wonderful, nurturing guide that all parents can benefit from. --Elizabeth Pantley, Author of The No-Cry Series Solution books

Judy's book is packed with solid information on child discipline from an attachment theory perspective. I particularly appreciated the focus on prevention of misbehaviour. The breakdown of typical development by age and stage and how that impacts discipline is particularly helpful. There are good solid tips for parents of children of all ages. --Kathy Lynn, Author and President of Parenting Today

**About the Author** Judy Arnall, BA, is a Professional Parenting and Teacher Conference Speaker, Trainer and Educator for several health organizations, The University of Calgary, a Toastmaster award winning speaker, and mother of five children. She has taught thousands of parents respectful, research based parenting tools that have brought them closer to their children and they will work for your family too.

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