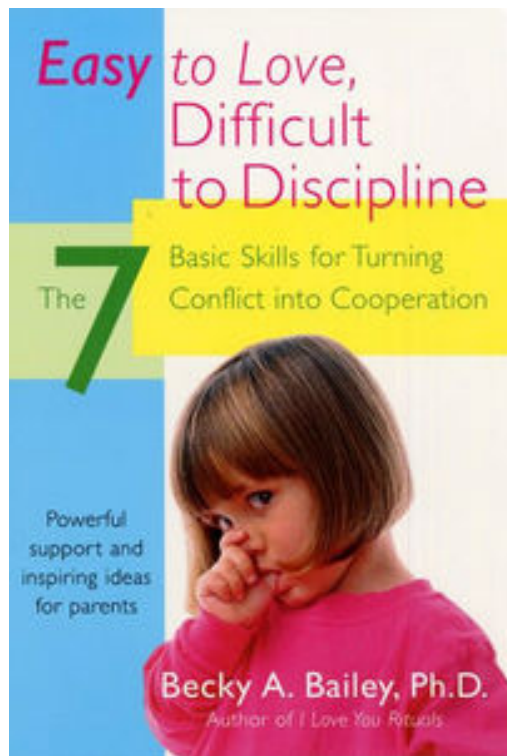

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Based on Dr. Bailey's more than 25 years of work with children, this book explains that how we discipline ourselves is ultimately how we discipline our children. Her "Seven Powers for Self-Control" dramatically increase our ability to keep our cool with our children. These correspond to "Seven Basic Discipline Skills" we can use with our children in

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