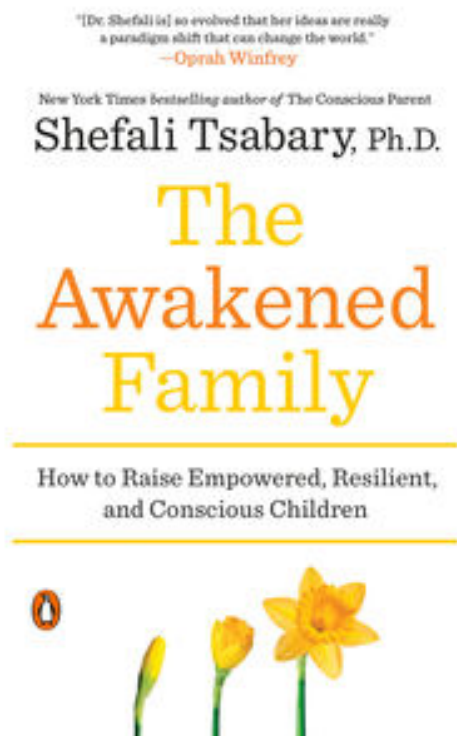


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"Parents . . . you will be wowed and awed by [Dr. Shefali]." —Oprah Winfrey

As seen on Oprah's *SuperSoul Sunday*, a radically transformative plan that shows parents how to raise children to be their best, truest selves, from the *New York Times* bestselling author of *The Conscious Parent*.

What if...?

What if I told you that you can put an end to all of your parenting struggles?

That you can learn to parent without fear or anxiety?

That you can end conflict with your children?

That you can create close and connected relationships within your family?

...Would you accept this invitation to a revolution in parenting?

We all have the capacity to raise children who are highly resilient and emotionally connected. However, many of us are unable to because we are blinded by modern misconceptions of parenting and our own inner limitations. In *The Awakened Family*, I show you how you can cultivate a relationship with your children so they can thrive; moreover, you can be transformed to a state of greater calm, compassion and wisdom as well.

This book will take you on a journey to transcending your fears and illusions around parenting and help you become the parent you always wanted to be: fully present and conscious. It will arm you with practical, hands-on strategies and real-life examples from my experience as a parent and clinical psychologist that show the extraordinary power of being a conscious parent.

Everyone in your family is ready to be awakened.

Will you take this journey with me?

—Shefali

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