

# Madres Y Padres Competentes: Claves Para Optimisar las relaciones con nuestros hijos e hijas

Competent Parents: The Key to Optimising the Relationship with our Children



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The unique quality of this work lies in the confidence which the author places in the capacity of parents to understand and decide how to act in every situation of conflict with their children. The author shows that parents are capable of understanding the negative mechanisms which emerge when living with children. In addition, she demonstrates that they are able to comprehend the reasons behind many of their children's problems, and that they learn to adjust the relationship to resolve them. This is a book which shows us how to manage family life and create a pleasant environment which facilitates personal growth for both parents and children. Thus, it shows how to exercise authority, when to give in, how to impose limits efficiently and without causing conflict, and how to act correctly in the face of passiveness, disobedience, rebellion and violence.

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