



# Tired of Yelling: Teaching Our Children to Resolve Conflict

*Lyndon D. Waugh M.D., Letitia Sweitzer*

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**ARE YOU TIRED OF THE YELLING? TIRED OF THE CONSTANT CONFLICT AT HOME, AT SCHOOL...EVEN AT WORK?**

In *Tired Of Yelling*, renowned family psychiatrist Lyndon D. Waugh offers the solution for more peaceful homes and classrooms, offering parents the lifelong gift of teaching their children the most valuable lesson they can ever learn: how to get along with other people.

Dr. Waugh's simple fifteen-step model shows parents how to teach their children to:

1. assess their emotion and gauge its intensity
2. be angry while behaving well
3. listen actively
4. admit fault
5. brainstorm solutions
6. make acceptable decisions.

This practical and easy-to-understand book provides specific teaching language for each age group-from infants to teens-so you'll know exactly what to say and how to say it. Complete with strategies for overcoming a child's resistance and sections on motivation, defensiveness, discipline, and "goat getting," *Tired Of Yelling* helps parents defuse tension and achieve something truly priceless-an emotionally stronger and happier child.

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