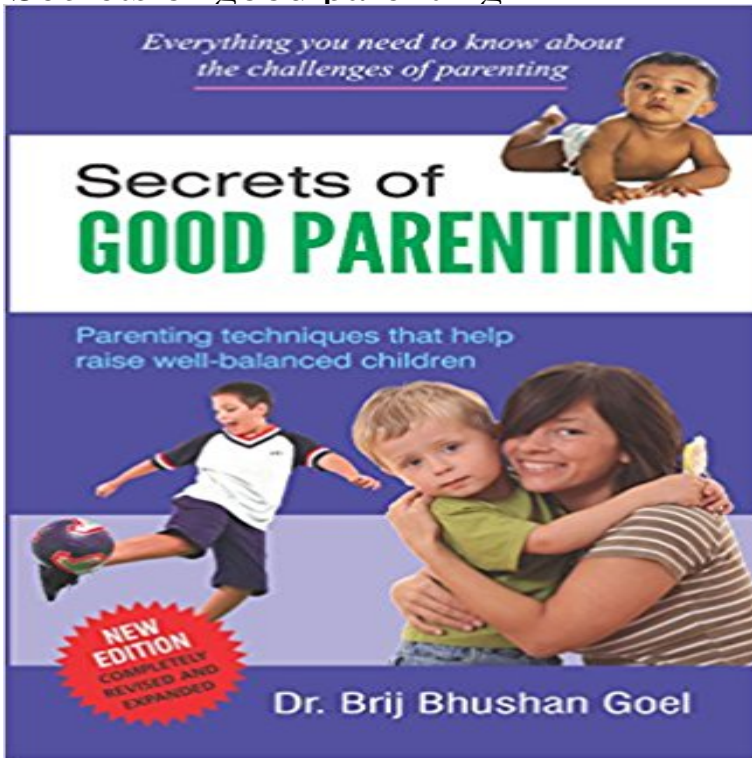


# Secrets of good parenting



Raising our children, Raising ourselves! Children are a great source of joy in a family. Raising well-adjusted, happy children is the pinnacle of every parents dreams. Parenting is an essential and significant responsibility. The healthy development of a child from the moment of conception depends entirely on the parents. With lifestyles getting more and more fast-paced and stressful, parents often wonder whether they are doing the best for their child. This book offers parents invaluable answers to all their queries related to a child's physical, mental and emotional well-being. Small and big questions have been dealt with, in a clear-cut manner. A special feature of this book is that it also offers ample information on the care of the mother as the mother's well-being is directly connected to that of the child. This book strives to help parents become well-equipped to raise a child they can be proud of. Dr. Brij Bhushan Goel is a practising naturopath, yoga and holistic health-care teacher. He did his Ph.D. from New Age International University, Seborga, Italy. He is the president of All India Nature Cure Federation, and conducts seminars, lectures and workshops on naturopathy and yoga regularly in India and abroad. He is a qualified counsellor on stress management as well. His main aim in life is to promote, educate and spread the awareness of living with nature, abiding by its rules and adopting a natural way of life.

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