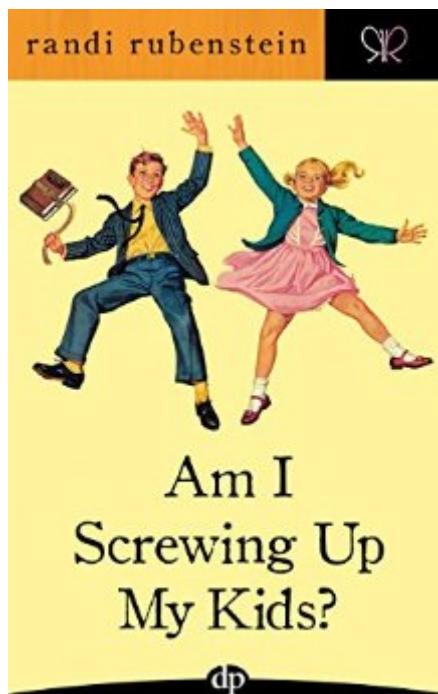


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# Am I Screwing Up My Kids?: 8 Foundational Concepts To Close The Conscious Parenting Gap



## **Synopsis**

You swore you were going to raise your kids differently... so why are your parentsâ™ words coming out of your mouth? Maybe you find yourself yelling at 5:30 p.m. during the notorious witching hour? Or what about all those triggered moments, like when your child still hasnâ™t finished putting on his shoes for school and you have reminded him no less than twenty-seven times! We all want happiness and success for our children throughout their lives. The worry of screwing up the people you love the most is attached to the thought that your behavior will possibly hinder their future state of being. You want the world for them. *Am I Screwing Up My Kids?* shows how to change the patterns you intended to bury from your own childhood by closing the Conscious Parenting Gap â“ allowing you to access in the heat of the moment that file in your brain with all those parenting tools you took the time to learn. As you close the Conscious Parenting Gap, you will be able to show up as the level-headed adult you truly want to be in your life and especially with your kids. Your confidence and clarity will shine brightly on the fact that you will be sending them off into the world with a rock solid foundation. Using real life stories and practical depictions, *Am I Screwing Up My Kids?* combines the teachings of Dr. Shefali Tsabary, BrenÃ© Brown, and Martha Beck with a real-life down-in-the trenches-mama perspective to create a fun and insightful read. Our kids will be out in the world without us before we know it. The time is now to become reacquainted with the forgotten dreams you had for yourself, your life, and your family years ago. Inspiration and tools abound within these pages to support you in closing the Conscious Parenting Gap and creating the fun, loving, connected experience you want for your family.

## **Book Information**

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## **Customer Reviews**

If you are a parent- read this book. Randi shares her expertise with the Conscious Parenting process and offers hope for those of us who struggle with trying to be the best parents we can be, and offers a strategy to make it possible

Perfect Parenting Book. Laugh out loud funny, full of the most up to date research, and packed with inspiring and moving stories. The only thing better than reading this book would be to have Ms. Rubenstein move in and help you figure out how to connect with your kids in a real and deep way and forget everything else. I have read a lot of parenting books, but Ms. Rubenstein's heart-warming prose, awesome sense of humor, and complete lack of judgment makes this one my favorite!

As a long time fan of Randi's blog, I absolutely loved her book. I felt it was an extension and deeper dive into her blog which is exactly what I always was hoping for. I've already tweaked a few things I've been doing with my 3 year old and I'm not even finished with the book yet. I will definitely be buying this for all my mom friends. Thank you Randi for making the hardest job in the world a little bit easier!

This book opened my eyes to something I was feeling, as a parent, but hadn't been able to articulate. Rubenstein has a great methodology for stepping back to see the how your own experiences being parented are impacting how you parent. Her approach is encouraging and affirming. What I especially appreciate is how she rises above the tropes of parenthood to show the reader all the opportunities that exist for fostering connection within your family.

Not only did I read this parenting book cover to cover but I have referred back to it, dog eared pages and used the advice Randi has shared with me in these pages. The book reads like a novel

sometimes and I found myself not being able to put it down. In fact, I read it in a couple of days. After I was finished, I felt so understood. I have felt so alone in my guilt and shame and as it turns out other moms feel the same way and I am not alone. Randi's explanations of why parenting "tricks" from other books and seminars I have attended don't work (The Parenting Gap) finally make so much sense to me. I have referred back to sections that detail how to give myself compassion and only then give it to my children (and husband). I find myself in many situations now wondering what would Randi (through her book) tell me to do here. I go home and look it up and now I do admit I have to ask less and less. Thank you to this author for laying herself out there to help the rest of her parenting community. I HIGHLY recommend this book.

The most difficult role in life is parenting. It's also the greatest gift and blessing. Parenting little people can sometimes feel isolating and lonesome....I know in the past I have felt stuck on this island with zero tools to navigate myself in the direction of peace, harmony and connection. Randi's book "Am I Screwing Up My Kids" is truly a god send. It really is the perfect blend of information, science, human interest and humor. I wasn't looking for a quick fix and this book is rich with tools to help close the conscious parenting gap we all find ourselves in from time to time. The emphasis Randi places on healing past scars really spoke to me and that revelation made the proverbial "light bulb" flicker in my brain. I love how this book isn't "cookie cutter" and I have tangible tools to use. She also highlights relationships with some of her clients and I loved how I could relate to each one of those individuals on some level. I'm going to send this book to my friends all over the world. They ALL need to share in the chocolate cake goodness this book delivers.

I LOVE this book! I am a mother of two and this book is very relevant. Parenting is not easy stuff, and Am I Screwing Up My Kids helped me understand that connecting with my family involves connecting with myself. It means I need to understand and learn from the past, and be OK with it. It also means that I am not going to be a perfect parent, and that I need to let go of certain expectations. The conscious parenting techniques in this book provide a hands on approach to conquer my fears. After reading this book, I felt I was more present and comfortable with my kids and really able to connect better. Thank you Randi, it has been so good for me and my family!

I have read NUMEROUS parenting books over the year or at least tried to... I bought them or browsed through them and would get frustrated because my child did not fit "the book's" mold. That is what is genius about this book. Your kids should not have to fit into a mold. Randi has combined

her self help knowledge and created a realistic parenting guide. Reading "Am I Screwing Up My Kids?" allowed me to utilize the techniques as needed, to question and to figure out which tools worked for my children- who are all so different! I read this book so quickly and was waiting for more by the last page. Can't wait for the sequel!!

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Toddler Step Parenting: Crucial Steps on How to Be A Good Stepmom - Step Parent Books for  
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