



1-2-3 Magic Workbook: Effective Discipline for Children 2-12

Thomas Phelan

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An interactive supplement to the bestselling parenting book *1-2-3 Magic*

"1-2-3 Magic made parenting fun again."

"I highly recommend this book to any parent who is spending more time yelling at or nagging their children than smiling at and laughing with them."

"All I have to say is that the ideas in this book really WORK! It really is like magic!"

"It's such a relief to not feel like I'm constantly yelling at someone! If you want to see a fast improvement in your child's behavior, check out 1-2-3 Magic."

1-2-3 Magic allows you to get back in charge of your home and enjoy your kids again by helping you set limits for your children, and by breaking down the complex task of parenting into three straightforward steps:

1. Controlling Obnoxious Behavior: Learn an amazingly simple technique to get the kids to STOP doing what you don't want them to do (whining, arguing, tantrums, sibling rivalry, etc.)
2. Encouraging Good Behavior: Learn several effective methods to get your kids to START doing what you want them to do (picking up, eating, going to bed--and staying there!, chores, etc.)
3. Strengthening Your Relationships: Learn powerful techniques that reinforce the bond between you and your children.

In the 1-2-3 Magic Workbook, the program's simple steps are explained in greater detail, and each workbook chapter contains a summary, questions about the content, case studies, troubleshooting exercises, and wrap-up bullets. In addition to providing material for parents, this guide includes curricula and activities for group leaders and teachers, as well as tactics for addressing the challenges that commonly arise when trainers teach the method in group environments. Extensive reference and resources sections also suggest further research and follow-up study.

For years, millions of parents from all over the world have used the award-winning 1-2-3 Magic program to help them raise happier, healthier families and put the fun back into parenting.

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Willie Grajeda:

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