



The Whole-Brain Child Workbook: Practical Exercises, Worksheets and Activities to Nurture Developing Minds

Daniel J. Siegel M.D., Tina Payne Bryson PhD

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A Personalized Workbook to Help You Deepen, Reflect On, and Apply Whole-Brain Principles

Daniel J. Siegel and Tina Payne Bryson speak to audiences all over the world about their immensely popular best-sellers, *The Whole-Brain Child* and *No-Drama Discipline*. The message Dan and Tina continually receive from their audiences, whether live or virtual, is that people are hungry for the opportunity to take the Whole-Brain ideas and go deeper with them.

Thanks to this new workbook, they now can.

The Whole-Brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts—and bring them to life for themselves and for their children.

Dozens of clear, practical and age-specific exercises and activities.

Applications for clinicians, parents, educators, grandparents and care-givers!

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