



The Tiny Book of Patience: Practical Tips for Becoming a More Patient Parent

Sam Vickery

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If there is one quality every parent hopes to possess, and one virtue which will make parenting easier and more joyful, it is patience.

In The Tiny Book of Patience you will learn how to identify your biggest triggers, release your anger, let go of that unhealthy parenting guilt, and resolve difficult situations without losing your patience. You will begin a lifelong journey of mindful parenting, bringing more peace and happiness to your home.

Patience isn't something we are born with. It is something we all can achieve given the right tools.

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