



# How Do I Stop Losing It With Your Children?: Getting to the Heart of Your Discipline Problems

*William P. Smith*

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## How Do I Stop Losing It With Your Children?: Getting to the Heart of Your Discipline Problems

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**HOW DO I STOP LOSING IT WITH MY KIDS?- The kids are hungry, dinner is late, everyone's tired and on edge, and then it happens—you lose control and blow up at them again. Is losing control with our children inevitable in our busy world? Or is there a better way?** Learn from William P. Smith a better way to relate to your children than with irritation, anger, and harsh words. Drawing on his counseling and parenting experiences, he explains why you lose control with your children, and then offers strategies that will help you change the way you relate to your children when you are under pressure.

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