



Living What You Want Your Kids To Learn

By Cathy Cassani Adams
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“Eloquent and elegant... will open you up to an entirely new way of raising children. Insightful”

- Dr. Shefali Tsabary
Author of *The Conscious Parent*

Also from Cathy Cassani Adams:
The Self Aware Parent
The Self Aware Parent Two

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ACCLAIMED AUTHOR REVEALS HOW TO RECLAIM DAY-TO-DAY JOY IN PARENTING

Cathy Cassani Adams releases her third parenting book: *Living What You Want Your Kids To Learn*

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So many parents today feel anxious because they worry they aren't 'good enough' or 'doing enough'. Consequently, finding those truly joyful moments can be a rarity. But it doesn't have to be like this. Through her coaching practice, work as a child and family therapist at Lurie Children's Hospital of Chicago, and her own trial and error, Cathy Adams has learned that the most effective parenting begins with modeling joyful living.

Put simply, the solution is ***living what we want our kids to learn.***

In a candid and lively manner, therapist-coach and Zen Parenting Radio co-host Cathy Adams shares everyday epiphanies to reveal that while becoming a self-aware parent isn't always easy, it is powerful and liberating. ***Living What We Want Our Kids to Learn*** simplifies the concept of self-aware parenting by showcasing engaging and easy to read anecdotes of inspiring and affirming experiences and focuses on how we can rediscover self-worth, develop better self-understanding, and parent in a more connected way - *because children learn by watching how we live, not by listening to what we say.*

Inspiring and thought-provoking, ***Living What We Want Our Kids to Learn*** will keep fans reading and reflecting long into the night.



Cathy Adams, LCSW, CPC, CYT, is CEO of [Be U. Inc.](http://BeU.Inc), a conscious living company. The author of two previous parenting books, Cathy co-hosts the internationally popular Zen Parenting Radio podcast and writes a regular column for Chicago Parent Magazine. A nationally sought after expert on the subject of parenting. Cathy considers her most important experience to be that of mother to three girls, ages 11, 9, & 6. Visit Cathy's website at CathyCassaniAdams.com for more information.

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