



The Resilient Parent: Everyday Wisdom for Life with Your Exceptional Child

Mantu Joshi

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We may feel like we are stressed out and stuck in an impossible parenting situation. We may feel like we can no longer fly.

Perhaps we should take a lesson from the penguin, a bird who has learned to adapt. To go deeper. To truly fly...underwater.

This collection of short, insightful essays takes ideas on co-regulation, attunement, grief, and narrative therapy, along with collected wisdom from world philosophies and religions and lays out these complex ideas in very simple, practical and very brief narratives that bring you into deeper waters an inch at a time.

Author, Mantu Joshi, combines honesty, humility and grit with wisdom, humor and spirituality to offer practical, digestible pearls of wisdom for parents of children with neurobehavioral special needs, like autism, ADHD, ADD, FASD, ODD, SPD, mental health diagnoses, intellectual and developmental delays, and any combination thereof. Sharing his own personal, honest experience as both the father of children with special needs, and someone with his own special needs, Joshi ends each chapter with reflections for the reader to consider in their own life. This book offers solid, practical advice for the parent of a differently-abled child and provides a guide for the path--no matter what religion, spirituality or disability--all in small chapters that can be read in less than five minutes, perfect for a busy parent. Any parent can benefit from the little shifts that add up to a lot of wisdom in this book.

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Thomas Manna:

In this period globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The health of the world makes the information better to share. You can find a lot of references to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The actual book that recommended to your account is The Resilient Parent: Everyday Wisdom for Life with Your Exceptional Child this reserve consist a lot of the information from the condition of this world now. This specific book was represented how do the world has grown up. The terminology styles that writer value to explain it is easy to understand.

The actual writer made some analysis when he makes this book. Here is why this book suited all of you.

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