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No More Drama: How To Make Peace With Your Defiant Kid



Synopsis

Parenting is hard. Really? This may be what they tell us and it may feel that way at times, but is this something you just want to accept? Have you caught yourself thinking that the challenges of parenting a defiant kid far outweigh the joys? Do you ever wish your relationship with your child could miraculously become more enjoyable? If so, then you and this author have a lot in common. Lisa Cavallaro has helped hundreds of parents, teachers and administrators create the kinds of relationships they want to have with kids. Influenced by her own real-life parenting blunders, Lisa created a plan that helps clients feel a greater sense of ease – even with the most difficult of kids. And now she shares her process in this easy-to-read format including simple exercises so that you can begin feeling greater ease too. In *No More Drama*, Lisa offers personal experiences from her “struggle years” – demonstrating the effects of “hard” parenting. She then quickly moves into the anecdotes that worked for her and the processes she developed for her clients. After reading this book, you’ll feel a greater ease in parenting and you’ll also feel: Confident in knowing you can handle any situation with your child Self-assured regarding your style of parenting Happier with life in general A renewed interest in what really jazzes you

This book is counter intuitive--if you have a defiant child, how do you make them change that? Well, according to what I’m reading, you don’t. The problem of defiance isn’t resolved by focusing on or trying to micro manage the defiance or other negative behavior. The answer is in correcting your own behaviors. I’m loving it as I see this more of a leadership book--effective leaders don’t spend their time focusing on the wrong things in an organization but in setting a vision for success, enabling that and trusting on the organization to rise up to that bold expectation. The premise is that children are good and intelligent and will follow the example set for them--the child learning from their actions is not a function of a parent drilling that into them. If you have a defiant child and "controlling" their behavior isn’t working for you, I strongly recommend Cavallaro’s approach. I also recommend the book for managers who want to stop mico-managing. This book has a lot to offer in both realms."

Sasha Mobley, Founder of More than Enough Life Transformations

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Customer Reviews

Other readers might think my opinion doesn't matter here because the author of this book happens to be my mother. But I'm writing this anyway because I believe in the work she does. She takes her job as a Mom very seriously and wants to be the best she can. As she says in the book, in the last eight years, my Mom has totally changed the way she parents and it has made us all a lot happier. Although I'm not very happy about not being mentioned in this book as much as my sister is, I can see how people who want to be happier parents would love reading about how my Mom did it. GREAT BOOK, VERY EFFECTIVE! :)

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Some good advice, for some people, but not for all. You have to realize each child is different, as is the issues, background, methods and lifestyles. There are hundreds of ways to be defiant, as there are reasons. It will only work if the reason behind the drama, is clearly known, and accepted, and understood by all parties.

Finally a book that tells it like it is. And IT IS AWESOME! No More Drama is a book that I think every Mom can easily relate to. Take Lisa's advice!!!! We all get the agonizing plight of other Moms. It's only natural to empathize (ho hum) and then compare (judge) and accumulate (pile it up) all our combined plights, into one-big-pity-party. Lisa has managed to turn our collective "Mom plights" into pleasure and she does it for a purpose. The purpose is clear. It's way more fun to laugh and let go. We know this but we cling to the "work" of parenting. Lisa's book has made me re-think my word choice about the "work" it takes to be a parent. I've decided to view my job as a parent more playfully. I'm going to take an attitude of viewing my job as less work and more play. Sounds way more fun and Lisa has me convinced. Lisa's stories and analogies make the book so easy and enjoyable to read. I've read many parenting books and the majority have left me feeling tired, overwhelmed, confused, and like I had much to learn on what I could do to be a better parent. This book leaves me feeling optimistic, relieved and even more motivated to just be me. I'm re-energized and more determined than ever to live with No More Drama. I'll be keeping this book on my nightstand and sleeping better for it.

In No More Drama, Lisa Cavallaro openly shares how she found herself embroiled in conflict with one of her three children, and how that conflict affected the entire family. Even after she attained a master's degree in a marriage and family therapy program, and certification as a Master Life Coach, Lisa still struggled to imagine a different relationship with her defiant daughter. Lisa shares the thoughts, roadblocks, and habits that kept her stuck. Once she realized that she was "waiting for someone else to change," her life shifted in positive

and wonderful ways. It became important to her to step out of her story and model for herself and her children how to live a healthy, happy life. Having less drama is certainly on the radar of most parents today. This book offers thought-provoking exploration and short exercises for all parents who want to interact more effectively with their children.

Lisa Cavallaro's *NO MORE DRAMA: HOW TO MAKE PEACE WITH YOUR DEFIANT KID* introduces parents to a method of raising their children in a manner that will free both parent and child. Through a series of personal anecdotes, Cavallaro points out when parents attend to their own needs they will be better able to help their children through difficult times. The turning point of Cavallaro's relationship with her "difficult" child came when she sought guidance from a well-regarded therapist for her difficulties she was having raising her child. The therapist commented that she would prefer to work with Cavallaro, not her child. This preference stymied Cavallaro. Over time, Cavallaro realized she was over-controlling her child and she found herself on the path to finding methods that worked for her and her relationship with her daughter. This is a most informative manual for parents who have found traditional methods of dealing with their child's behavior do not work for them. Using personal anecdotes creates a bond with the writer's experience and the reader. This method not only improves the relationship between parent and child, but also gives parents the "license" to focus on their own needs, their own happiness. *NO MORE DRAMA: HOW TO MAKE PEACE WITH YOUR DEFIANT KID* will guide parents to look within themselves for the joy they'd always longed for and appreciate the unique goodness of their child.

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