



# Little Angels

*Tanya Byron, Sacha Baveystock*

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**Little Angels** Tanya Byron, Sacha Baveystock

The essential guide to transforming your family life and having more fun with your children.

- Understand the issues you are facing
- Adopt a positive perspective to enable a more effective and enjoyable approach to parenting
- Tackle common child behavioural problems such as fighting, aggression, feeding, toilet behaviour, defiance and emotional problems, including anxiety and self-esteem
- Includes case studies from the TV series to illustrate examples

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