



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

By Mantu Joshi

DRT Press. Paperback. Condition: New. 162 pages. Dimensions: 8.1in. x 4.9in. x 0.6in. The Resilient Parent combines honesty, humility, and grit with humor and spirituality to offer practical pearls of wisdom for parents of children with special needs. Mantu Joshi, a father of children with neurobehavioral special needs, shares personal and authentic experiences to illustrate ways his fellow parents can find the resilience that is within them - resilience that is absolutely crucial when parenting complicated, behaviorally-challenged children. Drawing from spiritual practices that span the globe as well as from his training as a Methodist minister, Joshi offers slight shifts that create a new framework to view children's behaviors. These short essays - most which can be read under 5 minutes - boost parents' resiliency for a more balanced life. Parents of children with neurobehavioral special needs such as Autism, ADHD, FASD, learning disabilities, attachment problems, trauma, mental health diagnoses, developmental and intellectual disabilities, and others will find hope, solace, and solid strategies in this book. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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