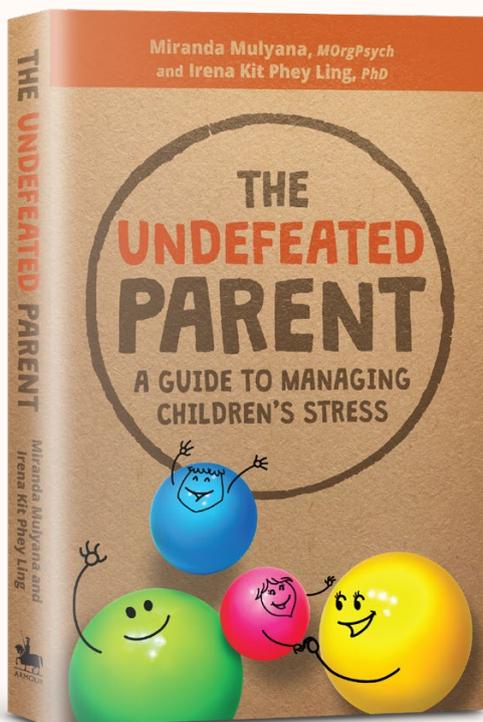


Miranda Mulyana, MOrgPsych AND Irena Kit Phey Ling, PhD

THE UNDEFEATED PARENT

A GUIDE TO MANAGING CHILDREN'S STRESS



The phenomenon of stress arising amongst young children and adolescents is commonly discussed in parenting forums, newspapers and social media. The sheer volume of discussion has led to parents scrambling for techniques to alleviate their children's stress levels while ensuring that they continue to do well in school and life in general.

This book explores how common myths surrounding parenting stress have resulted in stressful parenting. The authors use a series of vignettes to illustrate dilemmas and decision points that parents encounter from pregnancy to adolescence. This book also helps parents apply psychological concepts on motivation and William Glasser's Choice Theory/Reality Therapy, to better understand themselves and their children, and make better choices to enable them to achieve their hopes and dreams. Each chapter includes a series of activities for parents to reflect on and engage with their children.

PRODUCT DETAILS

Author	Miranda Mulyana and Irena Kit Phey Ling
No. of Pages	216
Book Size	200 by 130 mm
ISBN No.	978-981-48-0706-7
Category	Marriage, Family and Parenting
Release Date	16 November 2017

Cover Price:

\$18.00 (excl. GST)

About the Author

Miranda Mulyana (MOrgPsych) is a Registered Psychologist in Singapore and Choice Theory/Reality Therapy Certified with the William Glasser Institute, USA. She is currently residing in Dallas, Texas as a full-time mother, and remains active in the Choice Theory/Reality Therapy circles. She has also worked in Organisational Development projects across Asia, providing counselling, coaching and crisis management services to corporate clients.

Irena Kit Phey Ling (PhD) is a working mother and practicing psychologist residing in Singapore. As a Registered Psychologist and Approved Supervisor with the Singapore Register of Psychologists, Singapore Psychological Society, Practicum Supervisor with the William Glasser Institute, and faculty member of the National Institute of Education, Nanyang Technological University, she prepares pre-service teachers and trainee psychologists for fieldwork. In her clinical practice, she works directly with children, adolescents and adults, and provides clinical supervision to professional psychologists/counsellors.

For Enquiries:

Armour Publishing
Block 1003 Bukit Merah Central #02-07 Singapore 159836
T +65 6276 9976 | F +65 6276 7564
E sales@armourpublishing.com
W www.armourpublishing.com | facebook.com/armourpublishing
Co. & GST Reg. No : 199104553C

Published by



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