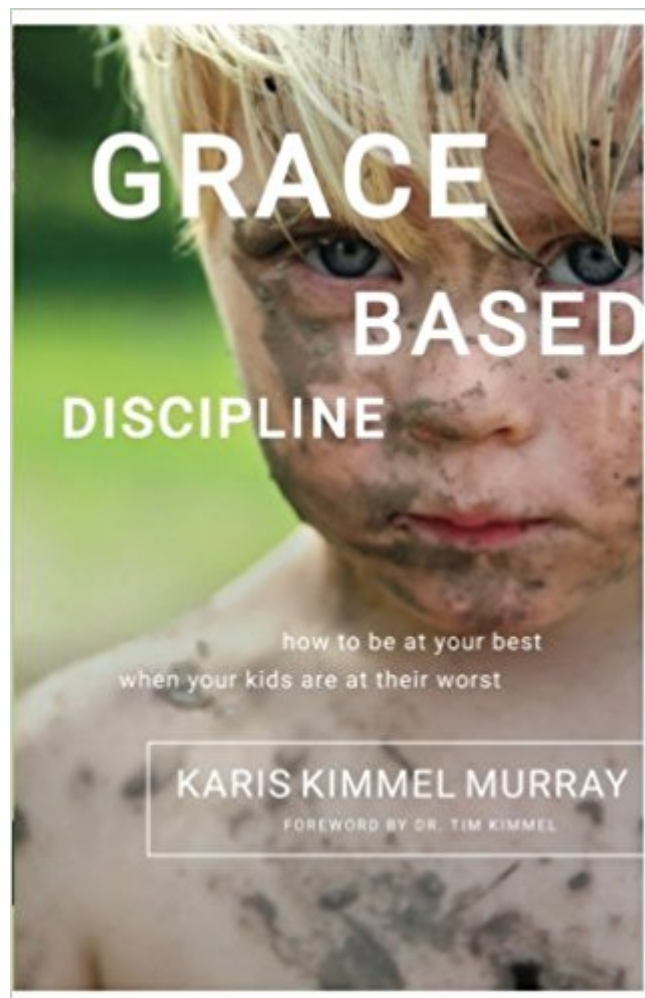




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Grace Based Discipline: How To Be At Your Best When Your Kids Are At Their Worst



Synopsis

Every parent wants to know, "How do I discipline my kids?" "Parents face a crazy paradox," says author Karis Kimmel Murray. "We love our kids exactly as they are, but we also love them too much to let them stay that way!" Disciplining kids is tough . . . even on a good day. We just want the 140-character version of what we should do when our kids' behavior scrapes the enamel off our sanity. Here's what God says: "The Lord disciplines the one he loves, " (Hebrews 12: 6). With humor and down-to-earth practicality, Karis shares stories of trial and triumph straight from the trenches of parenting. From the first page, Karis gives desperate parents a reliable recipe for peace, boundaries, and effective discipline. In Grace Based Discipline, learn how to: Stay calm, even when you're staring down the barrel of a loaded toddler Customize your discipline to your child's unique personality, age and needs Set rules based on God's priorities, not yours Apply consequences that really work Here's the good news: you can do this! Responsive, grace-based parents are just ordinary people who've learned to tap into divine help. Be at your best . . . even when your kids are at their worst. Grace Based Discipline will show you how!

*****Special Features Included- 2 "hands-on" projects to help you implement grace-based discipline strategies at home. Kids Flag Page- Did you know that every member of your family might be from different "countries" and live their lives under different "flags?" The Kids Flag Page (R) and Adult Flag Page (R) help you learn about your child's (and your own) unique, God-designed "flag" (personality). This vital insight helps you tailor your discipline strategies to your child's unique needs. (Note: a mini-assessment is included in the book. Links to purchase the complete Kids Flag Page (R) Kit are included for further reference, but are not required to complete this project.) DIY Rulebook: step-by-step instructions to lead your family in brainstorming, categorizing, prioritizing and then writing a Family Code of rules and principles that are based on God's word and in line with your own family's unique culture.

*****What others are saying about Grace Based Discipline:"Thank you so much for a God-led book on parenting when it's the hardest but most rewarding thing a person can ever do."Heather (Mom of 4 school aged children)"Karis is relatable and her practical advice can be put to use right away! You'll have a more peaceful relationship with your kids before the end of the first chapter!"Sharla (Mom of 3 young children)"I wish I had this book when my kids were young, but I can't wait to share it with my daughters who're raising their own kids now!"Linda (Grandmother)"This book is so well written and relatable. There are some very important truths with great insight...I wish all new parents could get a copy in their hands!"Andi (Mom of a teen)

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Customer Reviews

"Thank you so much for a God-led book on parenting when it's the hardest but most rewarding thing a person can ever do." Heather (Mom of 4 school aged children) "Karis is relatable and her practical advice can be put to use right away! You'll have a more peaceful relationship with your kids before the end of the first chapter!" Sharla (Mom of 3 young children) "I wish I had this book when my kids were young, but I can't wait to share it with my daughters who're raising their own kids now!" Linda (Grandmother) "This book is so well written and relatable. There are some very important truths with great insight...I wish all new parents could get a copy in their hands!" Andi (Mom of a teen)

Karis Kimmel Murray is the oldest daughter of Christian relationship expert and bestselling, award winning author Dr. Tim Kimmel. Karis grew up in the family that was the proving ground for the philosophy that turned traditional Christian parenting advice on its head. Her parent's radical message has helped transform relationships in tens of thousands of Christian families through her father's book *Grace Based Parenting* (R), as well as the *Grace Based Parenting* TM and *Grace Filled Marriage* training events and video studies. Her debut book, *Grace Based Discipline*, builds on her family heritage and insider authority to shed light on what radical, grace-based discipline looks like in a Gospel-centered home. Her step-by-step, grace-based approach to discipline empowers parents to be at their best, even when their kids are at their worst. As the Creative Director for Family Matters (R) (The ministry behind the "grace message"), Karis writes and speaks to a growing global

audience to testify to the powerful influence grace-based parenting had on her upbringing, and as a parent now herself, why she and her husband are raising their daughters the same way. With conversational style and humor, Karis connects with her readers and audiences on a heart level and swaps stories of trial and triumph . . . straight from the trenches of parenting. Karis is the writer and co-host of the Family Matters Minute, a daily, one-minute radio segment heard by nearly 4.5 million people every weekday. Karis and her husband Mike reside in Scottsdale, Arizona with their two teenage daughters and an ever-growing menagerie of pets.

Ok, so generally, I hate parenting books. I've read at least 5 well known Christian parenting books, and I'm usually either bored to tears with impractical theories that don't really work with my three strong-willed boys, or angry at the over-simplified anecdotes that also don't work with my kids. It feels like most parenting books are written by men who have fully-grown children and I struggle to relate. I've gleaned a few techniques here and there that have been helpful, but left mostly dissatisfied. I have to say that I have been pleasantly surprised by this one! I appreciate that it's written by a fellow mom who is not too far down the parenting road that she's forgotten how hard it is. And she is funny! The embarrassing story she shares about her daughter's first birthday party literally had me laughing so hard I had tears rolling down my face. That alone was worth the book for me. I'm only about halfway through right now, but it's been such a refreshing book. I love the practical ideas for sorting family rules/values, and evaluating infractions, misdemeanors and felonies. The suggested activities are practical and not overwhelming. I find myself wanting to discuss it with my husband to try some different ideas already. That is a win! And ultimately the gospel-centered approach of what it looks like to parent our children the way God parents us - with a balanced grace - is what I want to be doing.

Really gave me a great perspective on how to approach some challenging experiences with my kids

I really enjoyed the book a lot! I laughed and I cried, then I laughed some more. The way you wrote the book is how I would write something like this. I really appreciated how you described your real life circumstances, most I can relate to ã i.e. don't open another cereal box till the current one is empty, how you threw together Riley's birthday party but said all-well and let God lead, and how you are a visual learner and your husband lives on an Excel sheet. LOL, so funny! I really loved how you put humor into what can be an exhausting task of parenting, we need the laugh. On a serious note, it was great that you started w/ the idea of your own heart check before

you discipline your children and that the idea is to always discipline in our kids'™ best interests. I also loved learning to protect our kids LESS so we can PREPARE them more. Our son is in 6th grade this year and boy is that an eye opener and true statement for him. Having good boundaries (rules), decipher each violation, what are his motives, and the consequences (and specific listed ones) were amazing and a huge confirmation for me as we've started into the pre-teen years. Thank you so much for a God-led book on parenting when it's the hardest but most rewarding thing a person can ever do.

Raising children can be a very difficult task. Children are unique and they should be disciplined in a way that is effective but also tailored to them. This is not easy. Parents also have their own personality and sometimes this may cause conflict. How then does a parent discipline a child? There is not a one method for all. Parents must adjust their disciplines based on personality and age. In her book, *Grace-Based Discipline* (Kindle and paperback), Karis Kimmel Murray has written on this matter. Part personal story and motivational, Murray takes parents on an educational journey on how to discipline by starting with the goal of discipline. What is meant by this? Parents need to understand that the way they discipline their child will tell the child whether or not they are loved. Parents could go overboard usually in one of two ways: either they discipline too much and the child feels he/she can do no right, or they discipline too little and the child does as he/she pleases. Neither one of these is correct. However, discipline needs to be present. Murray gives some helpful information on how to discipline children with grace. When done correctly, children can grow and know they are loved. I found this to be encouraging and enjoyed the personal level that was given in this book. I myself am a father of two boys and have baby number three on the way. It is good to know that every parent at some point will struggle with the area of discipline. Knowing that I'm not alone, I received encouragement from this book in my parenting struggles. I will suggest that every parent get a copy of this book and pay special attention to the information in the appendix. The appendix addresses Parenting in Digital Age and gives guidance to parents to teach their children about what is discussed on the internet. Teaching respect and politeness should also extend to the digital mediums. Sadly, there are some who do not use social media in this manner. Also in the appendix is some information on spanking. I will not go into that in this review but suffice it to say it is some good information on spanking. Hopefully this will open up a conversation between a mother and a father on whether they choose to use physical discipline in the form of spanking or not.*I received a complimentary copy of from the publisher in exchange for my honest review.

At last, a succinct but comprehensive mindset on one of a parent's greatest responsibilities - the discipline of our kids. Common sense, understanding the overall objective of discipline, it's all here in a very well-written and easy to read book.

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