



Yell Less, Love More

Sheila McCraith

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The Rhino: A naturally calm animal that charges when provoked.

The Orange Rhino: A person that parents with warmth and determination and who doesn't charge with words when angry, impatient, or simply in a bad mood.

Do you often find yourself losing your cool and yelling at your kids? It happens to us all, but it doesn't have to. With Yell Less, Love More you'll learn practical, simple solutions to keep you focused on loving more and yelling less, no matter what the circumstance. It is possible to change and enjoy a calmer life because of it! Take the Orange Rhino 30-day challenge to yell less. In this guidebook to happier parenting, author Sheila McCraith shares daily thoughts, tips, and motivational personal stories to help you toss out the screams and welcome in the peace. Whether you have one child or twenty (or one you still yell at who is twenty), strengthen your relationships and maybe even laugh a little more--by taking the challenge today.

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