



The Awakened Family: A Revolution in Parenting Shefali Tsabary, Ph.D.

Clinical psychologist and *New York Times* best-selling author of *The Conscious Parent*
Featured guest, Oprah Winfrey's *Super Soul Sunday* and *Oprah's Lifeclass*

Tuesday, June 7, 2016, 7:00 PM
Evanston Township High School Auditorium
1600 Dodge Ave., Evanston

Free and open to the public. Suitable for youth 12+.

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Tuesday, June 7, 2016, The Awakened Family: A Revolution in Parenting, 7:00 PM, Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, 60201. Parents naturally want what is the best for their children – so why do so many “tried and true” parenting approaches seem to backfire and tensions between parents and their children seem to only be increasing? In *The Awakened Family: A Revolution in Parenting*, clinical psychologist **Shefali Tsabary, Ph.D.**, author of the *New York Times* bestseller *The Conscious Parent*, presents a transformative new approach to parenting, one that focuses not on how we can change our kids, but on how we can change *ourselves* so that we can become our children’s biggest supporters and resources.

Oprah Winfrey called Dr. Tsabary’s first book “the most profound book on parenting I’ve ever encountered.” In this new book, Dr. Tsabary shows us that connecting with our children, showing them that our love is unconditional and not tied to external success, praise, or validation, allows them to develop their self-worth and resilience. This book lays out a clear path to more effective, rewarding parenting, and gives parents the tools to tune into their own needs and challenges in order to better accommodate their children’s needs.

Dr. Tsabary received her doctorate in clinical psychology from **Columbia University**. Specializing in the integration of Western psychology and Eastern philosophy, she brings together the best of both worlds for her clients. She is an expert in family dynamics and personal development and runs a private practice in New York City. Dr. Tsabary has written three books, including the award-winning *New York Times* bestselling book *The Conscious Parent*. She is also a keynote speaker who has presented at TEDx, Kellogg Business School, the Dalai Lama Center for Peace and Education, and other conferences and workshops around the world. She's been featured on Oprah Winfrey's *Super Soul Sunday* and *Oprah's Lifeclass*.

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