

*For Parents*  
**A Book Discussion and Support Group**

*Led by  
Michelle Lang*

*Remember—It's not too late to be an even better parent!*

**We will be reading and discussing: Parenting from the Inside Out:  
How a deeper Understanding Can Help You Raise Children Who  
Thrive  
by Dan Siegel and Mary Hartzell.**

Come join an 10-session group focusing on raising your awareness about how the past influences your relationships today. This is a wonderful, timely book that is easy to read, fascinating, and will shed light on and help you improve all of your relationships—not just the ones with your children.

**Book Description:**

How many parents have found themselves thinking: "I can't believe I just said to my child the very thing my parents used to say to me! Am I just destined to repeat the mistakes of my parents?" In Parenting from the Inside Out, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences actually do shape the way we parent. Drawing upon stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.

Reading group start dates will be announced soon.

2 new groups forming—  
in a private home in Silverlake—February 2009  
and at Sequoyah School Spring 2009

**Check back for details.**