



# How to keep your c.o.o.l with your kids: learning

*Lou Makarowski*

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## **How to keep your c.o.o.l with your kids: learning** Lou Makarowski

A noted psychologist and syndicated columnist argues that self-control is the secret of establishing a happy relationship between kids and parents, explaining how parents can handle misbehavior by learning to control themselves and presenting various physical and mental relaxation exercises.

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