

Lauren Marie

# PILATES

TUTORIAL:  
SIDE PLANK



# Pilates At Home Near Me Tutorial

**JA Banks**

## Pilates At Home Near Me Tutorial:

**A Parent's Guide to a Peaceful Home** Patricia Braxton,2013-06 Parents serve as their children's first teachers What they learn at home helps them build on their learning and education at school In A Parent's Guide to a Peaceful Home author Patricia Braxton provides a guide to helping parents manage their home in a peaceful loving way in order to ensure success for their children at home and at school This handbook presents Braxton's TAD Toward Affective Development model which gives practical advice to help parents teach their children responsibility respect discipline and other positive character traits It also teaches parents how to relate to each other properly and how to affect change from within Through TAD Braxton works to change the face of families in a positive way The steps detailed in A Parent's Guide to a Peaceful Home can facilitate an atmosphere where love compassion respect and other virtues are taught by example and reinforced to produce a lasting peaceful home *TV Guide* ,2004

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