



# **The Resilient Parent: Everyday Wisdom for Life with Your Exceptional Child**

*Mantu Joshi*

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# The Resilient Parent: Everyday Wisdom for Life with Your Exceptional Child

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## **The Resilient Parent: Everyday Wisdom for Life with Your Exceptional Child** Mantu Joshi

We may feel like we are stressed out and stuck in an impossible parenting situation. We may feel like we can no longer fly.

Perhaps we should take a lesson from the penguin, a bird who has learned to adapt. To go deeper. To truly fly...underwater.

This collection of short, insightful essays takes ideas on co-regulation, attunement, grief, and narrative therapy, along with collected wisdom from world philosophies and religions and lays out these complex ideas in very simple, practical and very brief narratives that bring you into deeper waters an inch at a time.

Author, Mantu Joshi, combines honesty, humility and grit with wisdom, humor and spirituality to offer practical, digestible pearls of wisdom for parents of children with neurobehavioral special needs, like autism, ADHD, ADD, FASD, ODD, SPD, mental health diagnoses, intellectual and developmental delays, and any combination thereof. Sharing his own personal, honest experience as both the father of children with special needs, and someone with his own special needs, Joshi ends each chapter with reflections for the reader to consider in their own life. This book offers solid, practical advice for the parent of a differently-abled child and provides a guide for the path--no matter what religion, spirituality or disability--all in small chapters that can be read in less than five minutes, perfect for a busy parent. Any parent can benefit from the little shifts that add up to a lot of wisdom in this book.

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