



# Yell Less, Love More

By Sheila McCraith



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The Rhino: A naturally calm animal that charges when provoked.

The Orange Rhino: A person that parents with warmth and determination and who doesn't charge with words when angry, impatient, or simply in a bad mood.

Do you often find yourself losing your cool and yelling at your kids? It happens to us all, but it doesn't have to. With Yell Less, Love More you'll learn practical, simple solutions to keep you focused on loving more and yelling less, no matter what the circumstance. It is possible to change and enjoy a calmer life because of it! Take the Orange Rhino 30-day challenge to yell less. In this guidebook to happier parenting, author Sheila McCraith shares daily thoughts, tips, and motivational personal stories to help you toss out the screams and welcome in the peace. Whether you have one child or twenty (or one you still yell at who is twenty), strengthen your relationships and maybe even laugh a little more--by taking the challenge today.

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### Editorial Review

#### Review

"If you want to stop yelling at your kids, this is the book for you. There's a reason parents flock to read the Orange Rhino online - she helps us feel better about ourselves as parents when we blow it entirely - and who doesn't, sometimes? She inspires us to dig deep and try again. But as delightful as this book is to read, it isn't just a feel-good book. It's a full-blown program to stop yelling, complete with day-by-day action steps, revelations, and original, powerful tips. Yelling is a hard habit to break, and we have to work on ourselves as well as change how we interact with our children. As you follow this program, you'll be able to feel your brain rewiring. And in a few months, you'll look back and realize you can't remember the last time you yelled. Well-organized, motivational, funny, supportive, and EFFECTIVE!" - **Dr. Laura Markham**, [www.ahaparenting.com](http://www.ahaparenting.com)

"This reviewer doubts there's a parent among us who didn't wish she yelled less, but here's one who actually learned how. Blogger McCraith (The Orange Rhino Challenge, [theorangerhino.com](http://theorangerhino.com)), horrified at being "caught" by her handyman screaming at her four young sons, embarked on a challenge to go 365 days without yelling. In this title that combines personal story and everyday parenting tips, the author shares how she reached her goal and offers readers a 30-day condensed version for doing the same. "Orange Rhinos" ("determined and energetic people who choose not to charge with words") have many options here, including easing into change, gaining awareness, and practicing trigger management. Each day contains tips for mood awareness and specific actions depending on if you're feeling cool, warm, or hot, such as screaming into the toilet and flushing away the rage and squeezing Play-Doh to a pulp in lieu of yelling. **VERDICT** Beautifully designed, with slick, heavy-duty paper and full-color photos and sidebars throughout. McCraith offers a practical, mom-to-mom approach to curbing the anger-guilt cycle that will likely resonate with readers more than the typical psychological examination of emotional regulation." - **Library Journal**

"This book is a lifeline to regain hold of your sanity and help you stop yelling at your children. With Sheila's practical and doable ideas you can uncover the calm and caring parent you always hoped you'd be. She doesn't make you feel guilty; she empowers you and shows you how anyone can start from today and truly *Yell Less and Love More*." - **Alissa Marquess**, *founder/editor of CreativeWithKids.com*

"Still, who wants to be a yeller, ever? That's why I was so glad to learn about The Orange Rhino blog, which was one of our winners in Parents' Best Blogs of 2013. McCraith has compiled her hard-won success and experience into a new handy, easy-to-follow book, *Yell Less, Love More*. What I love about this book is that it's written by a fellow parent who's *so* been there. (Four kids!) McCraith gets us. And she's generously baring her screw-ups and success for the rest of us to learn, and to simply feel less ashamed and alone. "Parenting isn't about perfection, but about progress," McCraith writes. "Mistakes happen. It's what I do

afterward that's more important than the mistake." - *Parents Magazine*

"An absolute MUST read for all parents. Sheila's friendly, honest voice is like a dear friend helping you through and cheering you on!" - *Melissa Kaye, co-founder of Mommy Business (mommybusiness.net)*

"With wisdom and humor, Sheila quickly becomes an encouraging friend and mentor who gently teaches you how to manage your frustrations while building your self-confidence. You'll have fun reading this ultimate self-help book and will find yourself turning to it for love, support, and guidance when you fear you may be losing ground." – *Laura Deutsch, co-founder of Mommybites (mommybites.com)*

"The Orange Rhino's (a.k.a. Sheila McCraith's) parenting guide and memoir, *Yell Less, Love More: How The Orange Rhino Mom Stopped Yelling at Her Kids - and How You Can Too!*, shares more touching personal stories from her journey to stop yelling as well as manageable actions, practical tips, and genuine, loving support so that you too can succeed on your own journey to yell less." - *Huffington Post*

#### About the Author

Sheila McCraith, also known as The Orange Rhino® ([www.theorangerhino.com](http://www.theorangerhino.com)), is a mom to four boys, all under the age of 7. In January 2012, after her handyman caught her screaming at her boys, she made a promise that she would go 365 days straight without yelling at her kids. To chronicle her progress, keep herself accountable, and find support, Sheila launched her blog, The Orange Rhino Challenge®, shortly after her promise was made. She successfully met her goal in 2013 and continues to work everyday at yelling less and loving more. Sheila has been featured in Parents magazine, where she was the 2013 winner of “Blog Most Likely to Help You Achieve a Goal” and her article “10 Things I Learned When I Stopped Yelling at My Kids” instantly became a viral hit on The Huffington Post. She has also been featured on Babycenter.com, Mothering.com, Everydayfamily.com, Allparenting.com, Families.com, and more.

#### Users Review

##### From reader reviews:

##### Kristy Abrahams:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a wander, shopping, or went to the particular Mall. How about open or even read a book called Yell Less, Love More? Maybe it is to become best activity for you. You recognize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with its opinion or you have additional opinion?

### **Miguel Penix:**

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### **Minnie Rivera:**

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### **Scott Fisher:**

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