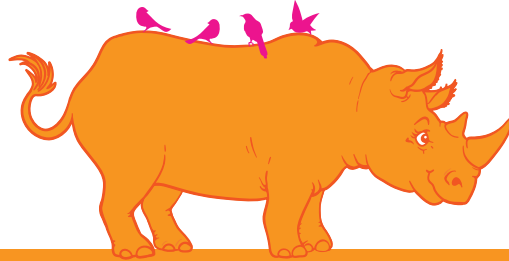


A 30-Day Guide That Includes:

- 100 Alternatives to Yelling
- Simple, Daily Steps to Follow
- Honest Stories to Inspire



YELL LESS

L♥VE MORE

**How the Orange Rhino Mom Stopped Yelling
at Her Kids—and How You Can Too!**

Sheila McCraith

Creator of The Orange Rhino Challenge