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Parents everywhere, hear this: you can calm down, take a breath, stop worrying and do more for your kids by doing less. They will survive, thrive and later thank you for giving them freedom. And you'll enjoy raising them in a happier, more peaceful home.

In *Take Back the House*, Dr. Karen Latimer, a family physician and mother of five offers some down home parenting advice for those ready to parent with more confidence and more joy. Speaking from the trenches of her own house, Dr. Latimer will help you take back yours by gently reclaiming power and perspective and practicing some simple, stress-free advice. She'll help you focus on your own happiness to develop a thoughtful, balanced dynamic with your kids. Told with candor and humor, this Audible Original will leave you feeling recharged, renewed and perfectly happy with imperfection. Warning: this piece involves a naked toddler in Target and other unforgettable scenes from real life.

Note to Listeners

It is hard for me to accept I have been a mom for two decades, but the laugh lines and worry creases tell no lies. After all this time, colic to college, diapers to dorms, I have learned much, and there is one thing I know with absolute certainty. We deserve better. So do our kids. It saddens me to bear witness to a family culture with an abundance of stress and a paucity of enjoyment. For parents and children, the struggle is real, and recent events have served to further damage and confuse our roles, our goals and our motivation. It is critical we change our culture and build happier homes and happier families by taking back the power of the parent. The time is now. The parenting journey is a long one, and the baggage we carry, we carry by choice. Let's put down the guilt, the obsession, the fear and the doubt. We've been burdened by them for too long. By letting them go, we make room for confidence, joy, respect and laughter, all of which are light as a feather. It is my hope, through this Audible Original, I can help you discover the beauty and ease in your own unique parenting journey.