

Join clinical psychologist and mom of three Dr. Becky Kennedy on her weekly podcast, as she takes on tough parenting questions and delivers actionable guidance. Her breakthrough approach has enabled thousands of people to get more comfortable in discomfort, make repairs after mistakes, and always see the good inside.

We love this one because Dr. Becky truly gives you all the tools you need to develop a stronger parent-child connection while helping you become the parent you want to be.

She is a New York Times Bestselling author, TED speaker, and host of the Good Inside Podcast for parents. She gives support for children ages 0-18 and offers deep thoughts and practical strategies for raising resilient kids. Check out her website, Instagram, and Facebook for more information and parenting tips.