



5 Ways to Fix ***Disrespectful*** ***Behavior NOW***

by James Lehman, MSW and Janet Lehman, MSW
Creators of The Total Transformation®

EMPOWERING®
PARENTS.com



Serving the WORLD from:
Maine | New York | Florida | Wisconsin

Dear Reader,

Kids don't come with instruction manuals. When your child is disrespectful, defiant, or even abusive toward you, how do you stop that behavior and turn it around?

[Our bestselling parenting course](#) has helped hundreds of thousands of families struggling with behavior problems. It's an instruction manual for dealing with children...and much more.

The Total Transformation® is a comprehensive, step-by-step program to improve your child's behavior *and* teach your kids how to be responsible and accountable.

The no-nonsense, straightforward advice in our program has changed countless lives. We know, because families tell us all the time. We also know people can be skeptical. Can a parenting course really help me get back in control of my home? The answer is yes.

Start with this eBook and discover new parenting tools to use with your child. If you find the information useful, we are confident that The Total Transformation® will help you change your child's behavior and restore peace and sanity in your home.

You've taken a great first step. Please read this information and start putting it into practice. And remember, you're not alone. We're here to help you get back in control of your home... and get back the child you love.

Sincerely,

A handwritten signature in black ink that reads "Janet Lehman". The signature is written in a cursive, flowing style.

Janet Lehman, MSW
Empowering Parents Expert
Co-Creator of The Total Transformation®

Table of Contents

CHAPTER 1

How to stop your child's screaming1

- The secret to stopping the screaming: It's all in how you respond. 1
- Starting today: A different way to respond to your child's outbursts. 1
- You *can* stop your child's behavior problems...for good. 2

CHAPTER 2

These consequences will work for your child3

- What punishing your child really accomplishes. 3
- The best consequences are those where the child learns something. 3
- How to pick the right consequences. 4
- A toolbox filled with problem-solving skills. 4

CHAPTER 3

Does your child blame you for everything?5

- Does this sound familiar? 5
- Don't accept the blame. 5
- Diagnosed disorders are not acceptable excuses. 5
- Don't let your child play the victim. 6
- Focus on your child's responsibilities—not his excuses. 6

CHAPTER 4

Tired of arguing with your child?7

- How to stop the arguments and the defiant behavior. 7
- So how do you "not attend" the argument? 8
- "Not attending the argument" doesn't mean giving in. 9
- Teach your child how to solve his problems appropriately...without arguing. 9

CHAPTER 5

Taking your child's behavior personally?10

- Taking your child's behavior personally is a trap. We need to get you out of it. Now. 10
- Think of your family in a new way: as a business. 11
- No child psychology degree required. 11

1 How to stop your child's screaming

Does your child yell and scream at you when you tell him “no?” Or when you tell him anything, for that matter? Does the simplest request set him off, causing a tirade and chaos every night in your living room?

How have the outbursts of a 6, 13 or 17 year-old managed to take control of your home? Why is he like this?

The secret to stopping the screaming: It's all in how you respond.

When a child gets in his parent's face and yells, there are several common ways parents respond.

Unfortunately, most of them are ineffective, and they can actually make the behavior worse.

- **Screaming Back**
Yelling back at your child is ineffective because you become his emotional equal. You're basically saying, “I don't have a better way to solve my problems other than screaming.” You're actually reinforcing the bad behavior.
- **Giving in or backing down**
When you give in or back off your rules just to get the outburst to stop, your child learns that by turning up the volume, he can avoid having to take responsibility.
- **“Reasoning” with him**
When you try to explain and justify your rules, you lose, because you can't reason with a child who's having a fit of anger. Also, justifying your rules means they're negotiable. It's not an issue of your child not understanding the rules. He just wants to get his way.

Starting today: A different way to respond to your child's outbursts.

To help you get back in control of your home, we're going to ask you to respond to your child differently when he yells at you.

If you're tempted to raise your voice and start yelling...don't.

If you find yourself backing down or feeling like you need to explain yourself to your child...don't.

Say you ask your child to empty the dishwasher, and he refuses. Say he starts to yell at you, “This sucks! Get off my back! I'll get to it!”

Your instinct may be to yell back at him, “No! You'll do it now! I don't ask much of you around here. Now get over here and take care of these dishes.” In this case, you've locked yourself into a power struggle.

You might also throw your hands up in disgust and empty the dishwasher yourself. In this case, your child learns that you don't really mean what you say.

We're going to ask you to try something different. Keep your voice even and your tone businesslike. Say, “It's my responsibility to get supper. It's your responsibility to empty the dishwasher. For every minute the dishes stay in the dishwasher, you lose an hour of computer time tonight.”

Then go about your business and don't scream. Even if he shouts louder at you. Don't raise your voice. Don't back down.

It's important to keep your focus on three things: rules, responsibilities and issues.

Keeping the focus on rules, responsibilities and issues—not on emotions and power struggles—puts you back in control of your home.

If you keep your conversations businesslike and emphasize the house rules, there's nothing to fight about, no power struggle to start. Little by little, the screaming stops.

Here's another helpful line you can use when your kid yells at you. Say he disagrees with his curfew and gets mouthy with you. Instead of yelling, giving in, or justifying yourself, stop and think. How much time do you and your child need to calm down? Pick a time that works, then say this:

"I'm not going to talk to you when you're acting this way. I'm available at 6 o'clock to talk about why you should stay out later."

Then be available to talk about it (not fight about it) at 6 o'clock and not a moment sooner.

Saying this in a businesslike way puts you in control. You're not getting sucked into a power struggle on your child's terms. And your child learns—finally—that screaming doesn't work anymore.

You can stop your child's behavior problems...for good.

Remember: If your child is misbehaving, yelling and screaming, it's because he doesn't have the skills or structure to solve problems or cope with situations he finds overwhelming, uncomfortable or intimidating.

If you teach your child a broader repertoire of coping and problem-solving skills than merely yelling and misbehaving—he'll stop the yelling and misbehaving!

When you use *The Total Transformation*[®] you'll have simple techniques that teach your child how to deal with authority and rules without resorting to bullying, outbursts, and verbally and physically abusive behavior.

Your child doesn't have these skills right now. If he did, he would be using them, and you wouldn't be struggling with behavior issues.

You don't need a degree in child psychology to learn these techniques.

What you get in *The Total Transformation Program* are easy-to-understand, common sense approaches to handling your kid's misbehavior. There's no psychobabble or theory involved—everything is presented in straight-shooting, down-to-earth English.

These are all quick, easy-to-apply techniques that we have used time and time again, even with the most troubled children, and they worked. We are 100% confident they'll work for you, too.

Put an end to your child's screaming, bullying and bad behavior now.
[Click here to learn more.](#)

The Anger Will Not Be Accepted Anymore

"When I got *The Total Transformation Program*, I finally felt empowered to do the right thing. I quickly realized that changing our reactions to him would actually get him to change. There were so many times that I feared his anger. The program has taken all that away because I know what to say to let him know the anger will not be accepted anymore. For the first time in a year and a half, I feel empowered to change this."

— Valerie D., Silver Spring, MD

2 These consequences will work for your child

In Chapter 2, we'll take a look at something that's a necessity for every parent: effective consequences to use with your child.

What punishing your child really accomplishes.

Grounding and time-outs do nothing but teach kids how to "do time." There's no learning involved in this type of punishment. Therefore, the kid usually goes off and repeats his offending behavior.

Remember, no child ever got punished into better behavior.

Let's look at the difference between a consequence and a punishment.

A **consequence** is something that follows naturally from your child's action, inaction or poor decision. It's meant to teach your child something.

A **punishment** is meant to be hurtful.

When you get a speeding ticket, there's certainly a punishment in that it hurts...your wallet. But it's more a consequence of your poor choice to speed and break the law. And it teaches you that you have to slow down and follow the speed limit.

When you give your child a consequence, it's important to make it flow naturally from or be related to your child's choice or action. Your consequence should teach your child something.

For example, if your son sleeps late and doesn't get up for school, an effective consequence is for him to go to bed earlier—so he'll get more sleep and learn that he has to get up on time.

Tell your son he has to go to bed early for the next three nights, and then, if he can show you he can get up for school, you'll go back to the later bedtime.

An ineffective consequence would be to take away his cell phone for a week. Even though his phone is important to him, removing access to it won't help him learn how to wake up earlier.

The best consequences are those where the child learns something.

Always try to make the consequence task-oriented, not time-oriented.

A **time-oriented consequence** is when you tell your child he's grounded for a week or he can't use his cell phone for a month. It's ineffective because it doesn't teach him how to change his behavior.

A **task-oriented consequence** is related to the offense and offers your child a lesson.

If your child stayed out past curfew last week, then this weekend he has to come in two or three hours earlier to show you that he can get home on time. When he shows you he can be responsible enough to do it, he can go back to his normal curfew time.

If you were to punish him by making him stay in for the next three weekends, he won't learn to observe curfews, take responsibility for his actions or behave properly. And you'll be miserable. That's for sure.

How to pick the right consequences.

When you're about to give your child a consequence, the most important question you need to ask yourself is: What do I want to accomplish? Do I want to show him who's boss or do I want to get him to do his homework?

If you want to show him who's boss, then you're going to be punitive. But if you want him to get his homework done, then you start with consequences that can lead to getting him to complete his homework. Like, "No TV until your homework's done." It's as simple as that.

In *The Total Transformation*® we'll show you exactly what you need to know about consequences. How to give them. How not to give them. What consequences to choose for specific behaviors. Even a full list of consequences and rewards that we've seen work for different age groups.

A toolbox filled with problem-solving skills.

The Total Transformation® shows your child how to cope with you, with teachers, with other people—with life—without resorting to defiance, back talk and angry outbursts. It gives you easy-to-understand, common sense approaches to raising your child and solving the worst behavior problems.

James Lehman had severe behavior problems as a child and teen. He was motivated to design *The Total Transformation*® so parents like his could have the tools to handle disrespectful behavior effectively.

The best way to find out how well *The Total Transformation*® works is to get it and try it out in your home, with your kids, in your situation. With our 30-day money back guarantee, you have nothing to lose and everything to gain.

This Works When Everything Else Fails

"I've invested a lot of money in ways to help my child, and I've never seen anything better than *The Total Transformation Program*. It gives you the instructions you need to parent children who are hard to handle, and it's a very fair system. If your kids get worse with standard discipline, this is a good approach to try."

— **Sandra W., Roseville, MN**

Massachusetts Mom Enjoys Being a Parent Again

"*The Total Transformation Program* immediately gave me experience, strength and hope that I wasn't even aware of. It had so much information about how to deal with these behaviors that I didn't even know existed. It really gives you a clear vision of how to involve your children to participate in good behavior. *The Total Transformation Program* has been almost a divine intervention in the sense that it's brought me back my passion for being a parent. It's given life back into my family, and it's just been unbelievable."

— **Cheryl R., Pembroke, MA**

Need effective consequences now?
[Click here to learn about The Complete Guide to Consequences™](#)

3 Does your child blame you for everything?

In Chapter 3, we'll show you how to stop "the blame game" with your child.

If your child has behavioral problems or simply doesn't do what you ask him, he probably blames you, blames others, and blames "things" supposedly beyond his control.

But, in the end, all that blame and excuse-making do for your child is provide cover for his bad behavior and poor problem-solving skills.

And, it stops your kid from taking responsibility for his actions.

Does this sound familiar?

Your son gets an "F" on his report card. When you ask him why, he says it's because his teacher doesn't like him, she picks on him, or ignores him. So, it's not his fault he got an "F." It's his teacher's fault.

Or, let's say you've asked your son to clean his room, but he doesn't. And when you ask him why, he blames you—because you told him to finish his homework, or walk the dog, or that you "always make me do everything around here" and therefore he didn't have time to clean his room. In other words, you're to blame, not him.

Don't accept the blame.

When you accept the blame your child throws at you, or when you allow your child to point an accusing finger at you or someone else, you're not helping him learn how to solve his problems constructively and to take responsibility for his actions.

While your child is still young, he has to learn how to solve problems and complete tasks without making excuses.

When he's older, and when he becomes an adult, he'll have to take responsibility for his actions in order to complete tasks and assignments—no matter what might stand in his way.

Excuses won't be accepted. Excuses won't prevent him from flunking out of school, or if he's working, from getting fired.

Diagnosed disorders are not acceptable excuses.

Using a diagnosis or a handicap as an excuse for inappropriate behavior or for a lack of problem-solving skills is never helpful.

No matter what the disorder or diagnosis, every child still has to grow up and learn to perform like an adult.

Adults with ADHD or bipolar disorder still have to get up every morning and go to work, get along with their colleagues, respect their supervisors, and perform and be productive. Kids with dyslexia, Asperger's syndrome, or other neurological impairments have to lead productive lives if they want to make it in society. There's just no getting around that.

Is your child diagnosed with ADHD or ODD? Get specialized help now.
[Click here to learn more.](#)

Don't let your child play the victim.

When your kid blames something or someone else for his shortcomings, he's in effect saying, "I'm not responsible—I'm a victim of circumstances."

For instance, in the classic, "My dog ate my homework" scenario, what the child is really saying is, "I'm a victim of the dog, so I shouldn't be held to the same standard as the other kids."

But make no mistake about it: kids who always see themselves as victims will have a tough time dealing with their peers, and functioning later on as responsible adults.

If your kid plays that type of blame game, where he's always the victim, you need to show him how blaming other people, places and things doesn't solve his problem. In the case of the homework-eating dog, tell him, "Blaming the dog doesn't help. It doesn't solve your problem. You need to have your homework done by the end of the day or you'll get an incomplete."

And you use that same approach in social situations, too. If your son hits his sister, and then blames her, say, "Blaming your sister for why you hit her doesn't allow you to break the rule that there can never be violence in our home—and you know what the consequences are for hitting."

Then, immediately have your child perform those consequences, whatever they may be.

Consequences for inappropriate behavior should be clearly understood by everyone—before the inappropriate behavior occurs.

**Watch parents like you explain how
The Total Transformation® brought
peace back to their home.
[Click here to learn more.](#)**

Focus on your child's responsibilities—not his excuses.

If your kid focuses on excuses, you need to focus on responsibilities.

Of course, some excuses are valid, and the responsibility for knowing how to sort the acceptable ones from the unacceptable ones rests with you. But many excuses are simply just that: excuses. Dramatized explanations as to why your child should be excused from meeting his responsibilities.

The next time your child wants to shift the focus away from his responsibility and onto an excuse for why a task wasn't performed or why he didn't behave properly, shift it back from the excuse and onto the matter at hand: his responsibility.

If your child says, "I couldn't do my homework because I forgot to bring my text book home," say, "We're not talking about your excuses for not doing your homework, we're talking about your responsibility to get it done on time."

And if you argue or debate the excuse, you're only encouraging your child to come up with a bigger and better excuse.

Understand this: You cannot solve your child's behavioral and learning problems. You have to empower your child to do that for himself.

And that's exactly what *The Total Transformation*® helps you do.

Written in simple, plain English, *The Total Transformation*® is a comprehensive, step-by-step program designed to help your child accept your limits, rules and authority without resorting to excuse-making or playing the victim. It gives you a concrete, practical way to teach your child to be responsible for his behavior.

4 Tired of arguing with your child?

If you ask your child to do something and he refuses, and you then oblige him by getting into an argument over it—you're now in a power struggle with him.

Worse, you're surrendering to his defiant behavior.

But here's the thing. When your child defies you, it's because he has a problem. The only way he knows how to solve that problem is by arguing, resisting, and baiting you into a power struggle.

You need to help your child develop problem-solving skills that are more appropriate than arguing.

How to stop the arguments and the defiant behavior.

One of the simplest ways to stop an argument, one that we teach in *The Total Transformation*®, is for you to recognize when you're being invited to an argument. Then...don't show up.

The fact is, you don't have to attend every argument you're invited to.

Let's say your child wants to watch TV at 10 o'clock on a school night when you've already established the rule that there's no TV after 9pm during the week. But he's starting to nag you about it nevertheless:

"Why can't I watch TV? It's not fair! This is a stupid rule. You treat me like a baby! Just let me watch this one show!"

Believe it or not, in that one rant, your child has invited you to 6 arguments:

1. **An argument about why he can't watch TV.**
2. **An argument about the nonsensical rules you've established.**
3. **An argument about fairness.**
4. **Another argument about how stupid your rules are.**
5. **Yet another argument about how you don't give him any freedom.**
6. **And an argument that's intended to get you to negotiate the rules with him.**

Here's the deal. If you stand there and accept any or all of the 6 invitations to argue that he's thrown at you, you lose the minute you open your mouth.

Accepting the invitation to argue looks like this:

ARGUMENT #1

Son: Why can't I watch TV?

You: Because I said so! You'll be tired for school and won't get out of bed, and I can't take that tomorrow!

Son: No, I WON'T be tired!

Outcome: He'll grind you into the dirt.

ARGUMENT #2

Son: You always do this!

You: I do not! I let you watch way too much TV as it is. Now turn it off!

Son: No!

Outcome: You're shouting, and we already established in part one of this eBook that screaming doesn't work.

ARGUMENT #3

Son: This isn't fair!

You: I don't care if it's fair or not! I said turn off the TV! Now!

Son: Launches into the invitations to arguments 4 and 5.

Outcome: You're trapped in this, and there's no way out.

ARGUMENT #4

Son: This is a stupid rule!

You: Launch into a louder version of what you said in argument #2.

Outcome: You're officially in a power struggle, and your son is going to be way better at it than you. He's got nothing to lose. Heck, the longer you stand there and argue, the longer he gets to stay up.

ARGUMENT #5

Son: You treat me like a baby!

You: I do not! Maybe if you didn't act like a baby, you wouldn't get treated like one!

Outcome: You've both descended into name calling. Remember what we said in part one about being your child's emotional equal? Guess what? You're there.

ARGUMENT #6

Son: Just let me watch this one show!

You: Oh, alright already! But the TV goes off at 11 and that's it!

Outcome: He wore you down to a nub and negotiated with you after bad behavior. Get ready. You're going to relive this whole thing tomorrow night, and it will be worse.

So how do you "not attend" the argument?

The key is not to get drawn into a verbal jousting match. Keep it simple and businesslike.

Instead of coming back at him with a response to each one of his objections, just say "no."

"No. You know the rules. The TV goes off at 9."

Then stop. Zip it. Don't say another word. If your child complains or argues behind your back, don't respond. Let his words fall to the floor. Since it takes two to fight, if you don't attend the fight... there can't be a fight.

Understand that when your kid argues with you—and you argue back—you're validating the argument. You're making your child's point more real than it is or should be. And every time you argue back, you lose a little more control of your home.

Put an end to your child's screaming, bullying and bad behavior now.
[Click here to learn more.](#)

“Not attending the argument” doesn’t mean giving in.

If you give in to the argument, you’re giving your child the message that you don’t mean what you say.

Not attending the argument means not getting pulled into the verbal power struggle, sticking to your guns and having a clear plan of action if your child doesn’t comply.

This is going to feel very strange to you. As parents, we feel compelled to justify our actions and decisions with our children. It’s almost instinct to do it. But you should understand this:

Very often, we have to go against our instincts in order to be effective as parents. This is definitely the case when it comes to arguments with kids.

Teach your child how to solve his problems appropriately...without arguing.

The Total Transformation® teaches you exactly what to say and do to stop [oppositional defiant behavior](#), back talk, lying and more. You’ll learn a simple way to show your child how to solve his problems without bickering, arguing and defiance.

And once you do this for your child an amazing thing happens: You take back control of your home.

We know you’re busy, you’re under stress and you need help now. That’s why we’ve made *The Total Transformation*® easy for parents to use with no theoretical language. We use a “do this,” “say this,” “cut to the chase” approach, so there’s no guess work. And it works. We’re confident this program will bring an end to the pointless arguments you’re having with your child.

In the last chapter, we’ll talk about how to keep your emotions under control when your child is plucking your last nerve.

Thank You for Making Parenting a Joy!

“After *The Total Transformation*, my son and I want to be around each other. Now when I ask him to do something he does it. There’s no more arguing, no more lecturing and no more back talking. I am totally shocked at the results. If it can do 25 percent of what it’s claiming, it will be a success, and it’s done 100% of what it’s claimed for me.”

— **Ed M., Chandler, AZ**

A 90% Reduction in Arguments!

“Our son always had a hard time with authority, especially our authority. The results from using *The Total Transformation Program* are the arguments have almost ceased. They are down 90%. It’s made a happier home. For the first time we have control. Now we know how to end those arguments. We get to them before they even start.”

— **Dede M., Missouri City, TX**

My Son is Apologizing Now for his Behavior!

“I can already see a difference in the way my 12-year-old talks to me because he was getting pretty disrespectful. When I use the tools Mr. Lehman talks about, he stops. And he’s even apologized to me and said I’m sorry mom for saying that.”

— **Jean W., Manassas, VA**

5 Taking your child's behavior personally

Before we talk about controlling the emotions of parenting, we'd like to thank you for downloading this eBook.

We hope you will put some of our suggestions into practice. We also hope you will start to regain control of your home.

When you use these techniques, something even more important happens. You are teaching your children problem-solving skills that'll enable them to make it as adults—which is what we all want for our kids.

Do you take your child's behavior personally?

Don't worry. The vast majority of parents do. When you catch your child in a deep, elaborate lie, it hurts. You think, "How could you do this to me?" You feel violated. Your trust is broken. For many parents, it's a deep emotional wound.

The same goes for cursing and ugly back talk. When your adolescent son stands in the hallway and calls you a "bitch," it cuts you to the core.

Many parents regard their child's acts of misbehavior as a personal assault or defeat. As if the child is trying to "get back" at them on a very personal level. And let's face it. Sometimes your child is trying to hurt you. When your teenage son calls you a filthy name, he is trying to hurt you personally. The little person you brought into the world and love so much is now talking to you worse than a stranger would ever talk to you. He's defying you and treating you like garbage. It's hard not to feel hurt, sad and angry.

But here's the thing...

Taking your child's behavior personally is a trap. We need to get you out of it. Now.

There's no doubt that parenting is an emotional thing. You love your child or you wouldn't even be reading this. But your emotional attachment to your child can trap you into doing some very ineffective things.

Like protecting your child from the consequences of his behavior. Like over negotiating with him. Like tolerating abusive language against you and other family members. Like lowering your expectations of your child around basic things like responsibility.

Remember when we told you that sometimes you have to go against your instincts to be an effective parent? Well, to be the parent your child needs you to be—and to get back in control of your home—you have to avoid getting stuck in your emotions for your child.

You have to separate yourself emotionally from your child's behavior.

That doesn't mean being emotionally detached from your child. It does mean that you need to deal with your expectations for behavior, responsibilities and consequences within the family without making it an emotional thing, and without taking it personally.

Think of your family in a new way: as a business.

Think of your family as a business. And your business is producing a product: a child who has learned appropriate behavior and the problem-solving skills he'll need now and later on in life.

See yourself as the business manager of your family. Don't be apologetic. Be firm and clear. When you're dealing with your child's behavior and the assigning of consequences, don't turn it into an emotional event.

Keep it businesslike. Deal with it in a calm and methodical fashion. For example, if your child doesn't do his chores and you can feel the emotions rising within you, stop and think. It's not a personal defeat. Treat it in a businesslike way. If you don't do your job, you don't get paid. If your son doesn't do his chores, it has to cost him something. That's all. It's not a personal attack on you. It's not a vendetta.

Think of it this way: He's not "trying to make you mad." He just doesn't have the skills to deal with the problem called "chores."

That's another reason we urge you to try *The Total Transformation*®. It will make parenting your child much clearer and simpler. I'll show you exactly what to say and do to keep it businesslike—and get back in control of your home now.

You'll also learn techniques to help you avoid getting caught in the emotionalism of parenting and help you to teach your child how to deal with problems in appropriate ways.

No child psychology degree required.

The Total Transformation® is easy to understand and use. It has to be. Because you need help and answers now. You don't have time to waste.

These are quick, easy-to-apply techniques that have worked time and time again even with the most troubled children, and we are 100% confident they'll work for you, too.

**Listen to The Total Transformation®
online or on CD. Your choice!**
[Click here to learn more.](#)

You Turned My Kid Around

"My 8-year-old son was diagnosed with Oppositional Defiant Disorder and ADHD. He was stealing, lying and had temper tantrums when he didn't get his own way. You have really turned my kid around. Within the first month we noticed a major change. All of a sudden, there was this *Total Transformation*. He realized this behavior wasn't worth it anymore. Now he pretty much has a good day every day. He does his work. He gets full privileges at home. I encourage other parents to try it because it really does work."

— **Shawna P., Calgary, Alberta Canada**

My Son is a Better Person Now

"In one month, after doing *The Total Transformation*, I saw huge changes in my son and even the teacher noticed. He's a happier person because of this program."

— **Lisa M. (Mother of 2), Gulf Breeze, FL**

© 2018 Empowering Parents®, All Rights Reserved.



[Like us on Facebook](#)



[Follow us on Twitter](#)



[Follow us on Pinterest](#)