

《The 7 Worst Things P》

图书基本信息

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内容概要

Psychologists John and Linda Friel have written an enormously readable and infinitely practical book that explores some of the worst mistakes we can make as parents, and guides us through examples and ideas on how change can be effected immediately. The Friels examine the seven most ineffective and self-defeating behaviors that parents display again and again. Working from the ideas that even small changes can have big results, the authors give parents concrete steps they can take to end these behaviors and improve the quality of their parenting. Whether you're contemplating starting a family, have children who haven't entered school yet, are struggling with rebellious teenagers, or are empty-nesters wondering how to be better parents to your grown children, you can't afford not to read this book. With the same clarity and concrete examples that have sold over 350,000 copies of their books, the Friels offer readers forty years of combined experience as practicing psychologists, and fifty years of combined experience as blended-family parents. The material in *The 7 Worst Things Parents Can Do* has been field-tested in the authors' own household, with hundreds of their clients, and with thousands of their workshop and Clearlife Clinic participants. It will cause immediate changes in your behavior, in your child's behavior and will improve the lives you share together.

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