

Self-Esteem

Childhood Fears

Decision Making

Creativity

Sleep

Values

Competition

Empathy

Bonding

Family Meals

Sports

Sibling  
Relationships

Perseverance

Boundaries

Downtime

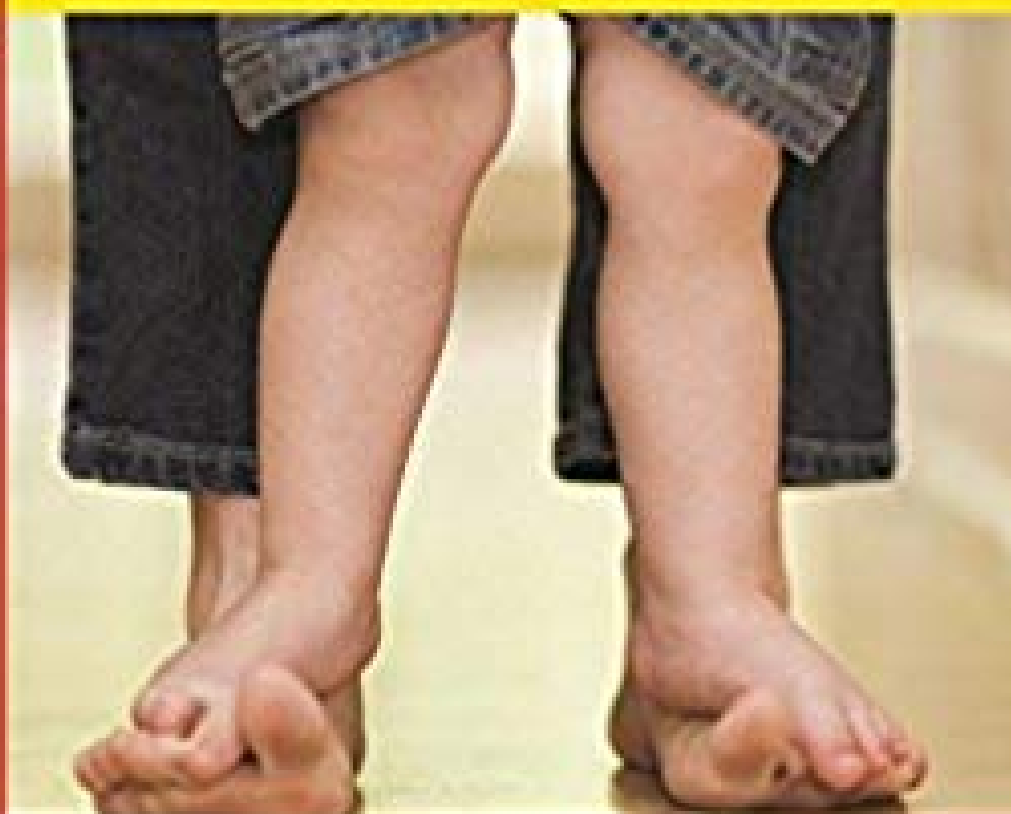
Body Image

Social Skills

Exercise

"Entertaining and inspiring, this book belongs in the home of every parent — and grandparent!"

— NATHANIEL BRANDEN, Ph.D.,  
author of *The Six Pillars of Self-Esteem*



**NATIONAL BESTSELLER**

# The A to Z Guide to Raising Happy, Confident Kids

**Dr. Jenn Mann**

*Dr. Jenn Mann and*

## **The to Z Guide to Raising Happy, Confident Kids**



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Parents no more have time to go through long books about the theories of parenting. Upbeat, lively, and humorous, this book answers parents' Dr. Jenn comes to the rescue with this fun yet useful book that offers 26 brief chapters on from pets to being truly a sports parent to healthy relationships to food to maintaining your marriage as very much fun as it was before the kids arrived. Designed to become browsed or picked up from time to time for particular help, the book provides insight and guidance for just about any parent but targets those with toddlers to third grade. What they want are quick bits of advice targeted at their active lifestyles and immediate needs. Because every chapter is several pages long and will stand alone, busy parents can read what they want when they need it. most frequent queries about how to raise a healthy, well-adjusted child.



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Five Stars Good advise.! non-e of the situations given as an example and how it should be handled described an approach for single parents. I have 6 kids and this book was a great assist in helping us parent.A wealth of helpful information As a mother of a 6 12 months old son and 3 year old daughter I came across this book has a wealth of helpful information. good this book is good, it offers you good inside on certain subjects, i agreed with the majority of whats written, and helped me view some smaller items differently. A few of the advice could be useful but the publication is targeted solely toward two-parent households Some of the advice could be useful but the publication is targeted solely toward two-parent households. Kysa Kelleher writer of 'SAY IT AFTER THE No Bullsh\*t Guide to Parenting' This book is fantastic. Nice Information great! short, succinct chapters make this readable and easy to find what you're looking for. Ideal for the Busy Mother (or Father) This book is excellent. As a dynamic and involved father, I am eager to do what is best for my baby but since that is my first kid, I don't really know what I am doing half the time (and I question that what I am performing the spouse is actually likely to make my boy better-off in any way). The books written for dads dealt a touch too much with how I felt, instead of how to help my child. That has not been enough.Recently I went out and bought a couple of parenting books to help to fill in the gaps.! Automagically, I end up trying to reproduce how my and my wife's parents raised us and piece it alongside the knowledge I have gleaned through the years by watching others.This book is written in a nutshell chapters that cope with specific and relevant issues in practical, clear to see ways.. Not cohesive It's comprised of little short excerpts lacking a unifying theme, with many chapters that don't pertain to our family. This is fine because I was able to purchase it and recieve . It poses important queries and then in fact answers them with tips that I came across to be very easy to apply to my child-rearing techniques.. This was fine because I could purchase it and recieve it before amazon could yank the deal out from under me, false advertising!! The overall books appeared to be written for mothers and I found them to be largely unhelpful. I like the way that the writer presents both pro's and con's of different alternatives to be able to make up your own mind as to what is good for you as well as your kids/family.



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