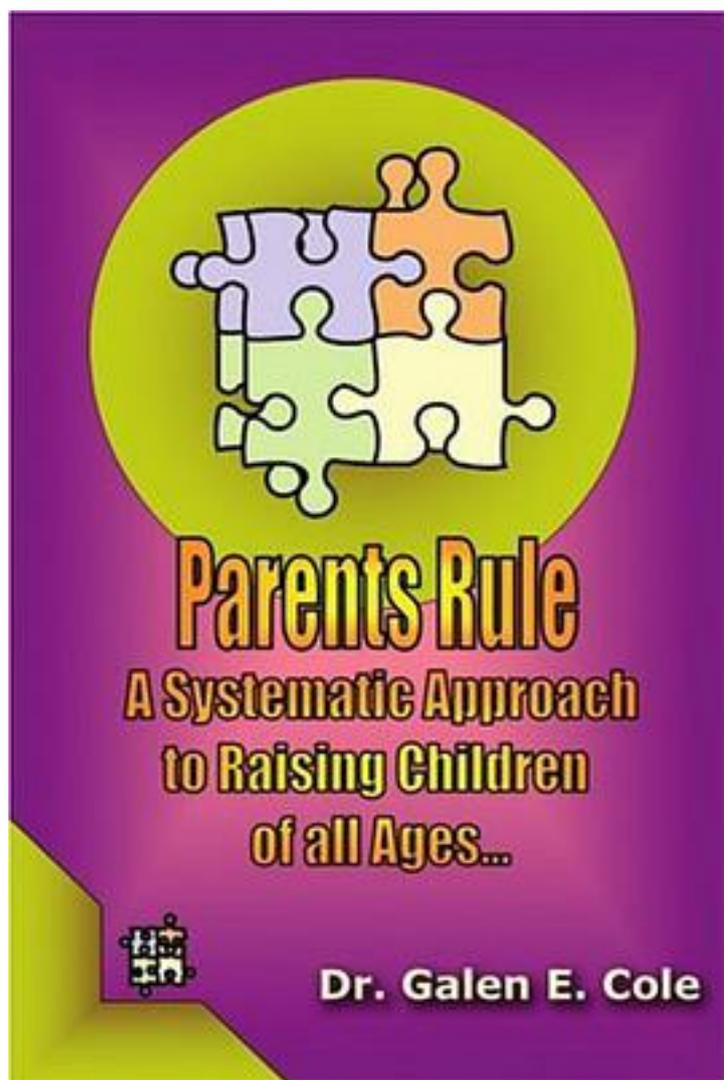


# Parents Rule



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The parenting methods presented in "Parents Rule" are not theoretical fun and games. Rather, they are based on what works and what is needed to raise healthy, happy, and responsible children. Specifically, therapist Galen Cole provides information about how to effectively manage your family and train your children, and the tools to systematically do both. He also provides you with guidance on how to establish and communicate boundaries, how to contract for desired performance, how to motivate your children to do what they say they'll do, how to evaluate performance, and when and how to obtain resources (books, training) or call in a consultant (counselor, religious leader, teacher) to provide you with insight into difficult problems.

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目录:

[Parents Rule\\_下载链接1](#)

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