

Spoiling Childhood

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Diane Ehrensaft, PhD

How
Well-Meaning
Parents Are Giving
Children Too Much
—But Not What
They Need

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This book vividly encapsulates the absurdities, heartbreaks, and possibilities of contemporary child rearing. The book shows how parents today are all too often caught up in a guilt-driven pendulum swing between parenting too little and parenting too much. Dr. Ehrensaft suggests innovative ways to overcome the treacherous balancing acts of work and family demands. She invites us to replace perfect parenting with 'good-enough,' trade harriedness for harmony, and give our children a healthier environment in which to grow.

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