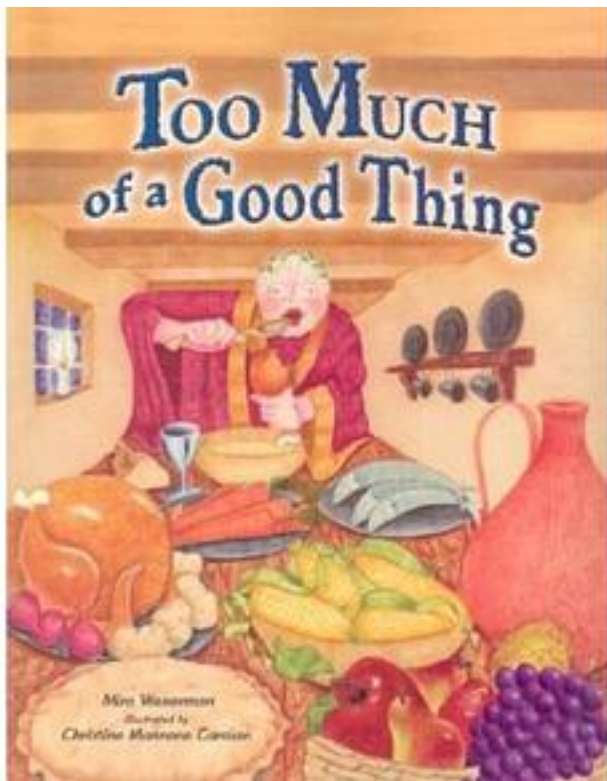


Too Much of a Good Thing



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在线阅读本书

While many adolescents today have all the useful accessories of a prosperous society-cell phones, credit cards, computers, cars-they have few of the responsibilities that build character. Under intense pressure to be perfect and achieve, they devote little time to an inner life, and a culture that worships instant success makes it hard for them to engage in the slow, careful building of the skills that enhance self-esteem and

self-sufciency. In this powerful and provocative book, Dr. Kindlon delineates how indulged toddlers become indulged teenagers who are at risk for becoming prone to, among other things, excessive self-absorption, depression and anxiety, and lack of self-control. Too Much of a Good Thing maps out the ways in which parents can reach out to their children, teach them engagement in meaningful activity, and promote emotional maturity and a sense of self-worth. Dan Kindlon, Ph.D. is a professor of child psychology at Harvard University. He is a frequent contributor to Child magazine and is the co-author of Raising Cain, a New York Times best-seller. He lives in Boston with his wife and two children.

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目录:

[Too Much of a Good Thing_ 下载链接1_](#)

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