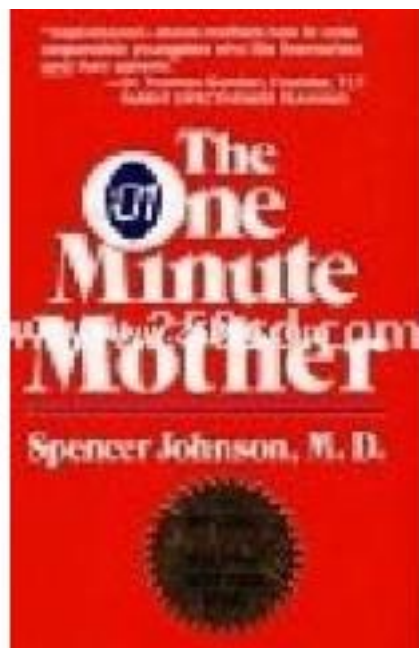


The One Minute Mother



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This story begins where most mothers are and takes them to where they want to be. Bestselling author Spencer Johnson shares his world-renowned "One Minute" secrets -- three simple and easy to understand techniques that take little but yield great results. When you use what you learn in the story you will discover: How to become an effective disciplinarian How to reach your own potential while helping your children to reach theirs How to help your children's self-esteem by developing their sense of responsibility How to enjoy one another more as a family With this book, by a pioneer in helping people to gain better health through better communications, a mother can care for her children with confidence and ease, enriching and strengthening the mother-child bond each day. There are more than eleven million copies of Dr. Johnson's books in print in twenty six languages.

作者介绍:

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