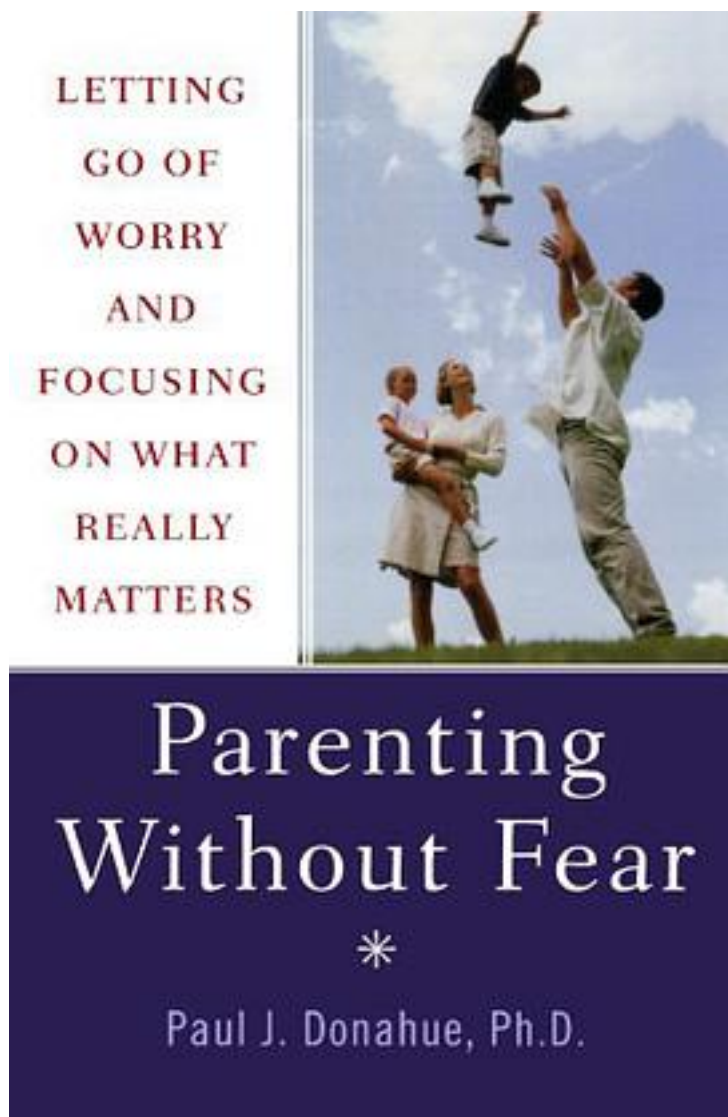


# Parenting without Fear



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著者:Donahue, Paul J.

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Many parents experience an enormous amount of pressure to do everything right and are feeling overwhelmed with their responsibilities. They are anxious and fearful that they are failing their children if they don't respond to all the expectations imposed by media and society about what being a good parent is. The six fears are: the fear of letting go; the fear of not doing enough; the fear of taking charge; the fear of slowing down; the fear of unstructured time; and the fear of falling behind. Paul J. Donahue, Ph.D., can take the pressure off. He believes parents' best intentions are getting in the way of being the mentors and teachers of their children that they can be. He gives parents tools to solve the many dilemmas over their children's academics, social lives, skill-building activities, and athletics that they confront every day. "Parenting Without Fear" will help parents to balance their own needs with those of their children, and to make informed choices regarding their family and home life.

作者介绍:

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