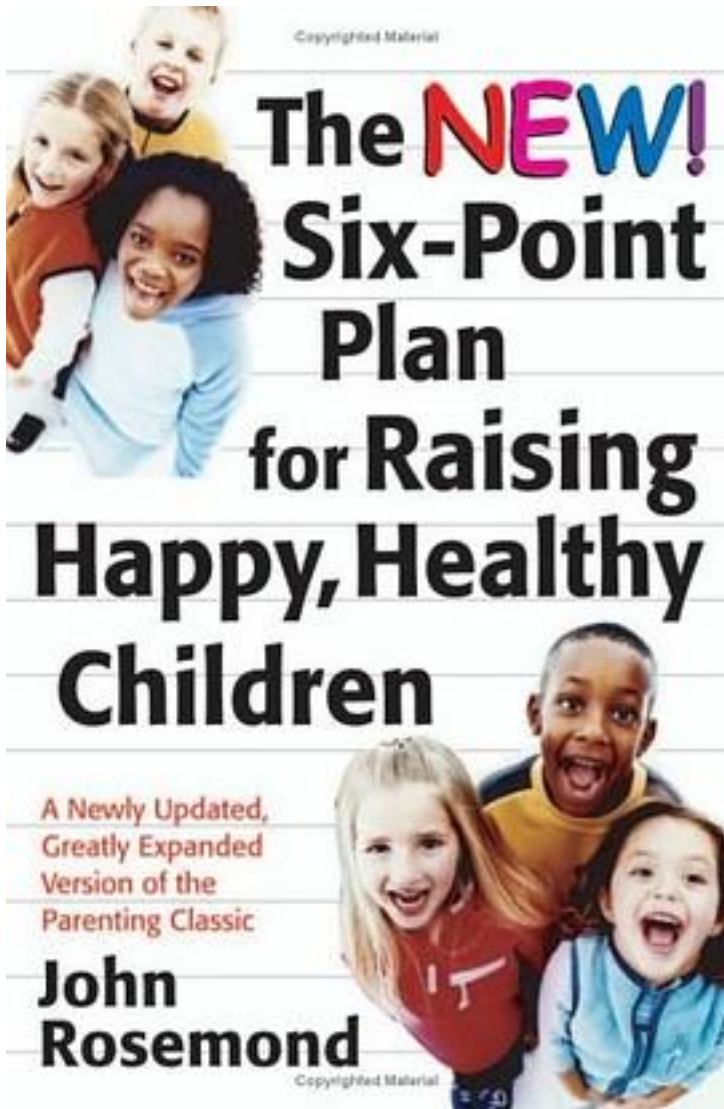


# The New Six-Point Plan for Raising Happy, Healthy Children



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著者:John Rosemond

出版者:Andrews McMeel Publishing

出版时间:2006-08-01

装帧:Hardcover

isbn:9780740760778

Renowned and respected family psychologist John Rosemond blames child-centered parenting books from recent decades for creating a generation of dependent, often defiant children. He sets the record straight in "The New Six-Point Plan for Raising Happy, Healthy Children," an updated version of his highly successful book published more than fifteen years ago. Booms in technology and mass media have created significant changes in society in the last two decades. The text in this revised book has been thoroughly updated to reflect today's society, yet the foundation of Rosemond's timeless and effective approach remains constant. He encourages families to return to tried-and-true, fundamental parenting truths that people did naturally before the "new science of parenting": Parents aren't their children's friends; they are their leaders. Parents are at the center of a family. Not kids. Your marriage must come before your children. Each chapter includes easy-to-relate-to questions from parents, which Rosemond answers with both common sense and a sense of humor. For families feeling overwhelmed by competing advice about parenting, this book will ground them with logical, proven approaches to the most significant challenges parents face today. From issues such as self-esteem and discipline to television and chores, this straightforward guidance will facilitate a return to parent-centered families where children are raised into responsible adults.

作者介绍:

### ★作者简介★

约翰·罗斯蒙德是美国著名的亲子教育心理学家和作家。他曾经出版过十本有关于育儿的常笑书，并作为美国辛迪加专栏评论作家，在美国二百多家报社及平面媒体上发表家庭教育专栏文章。他希望借此帮助更多的父母学会如何理智地教育自己的孩子。

罗斯蒙德是“传统”育儿理念的倡导者，他认为育儿原本是一件简单、快乐的事，现在的一些育儿专家却将它变得复杂而又令人筋疲力尽，罗斯蒙德的育儿理念将带领父母们回归单纯的教养原理。

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