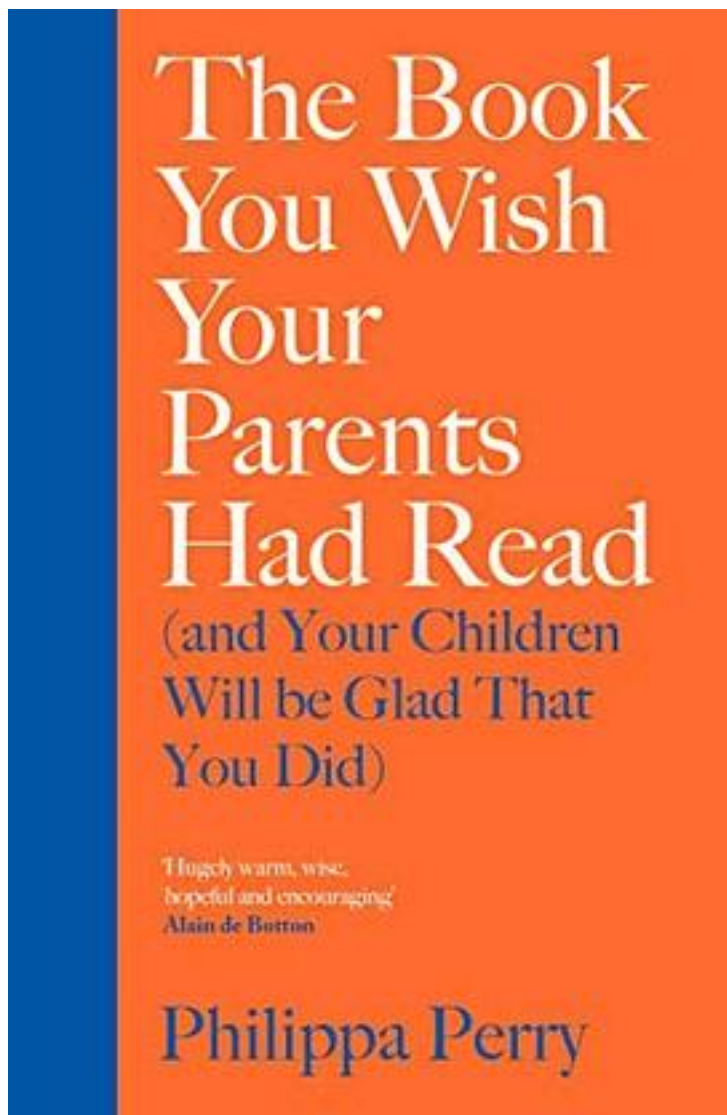


The Book You Wish Your Parents Had Read



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著者:Philippa Perry

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'Hugely warm, wise, hopeful and encouraging' Alain de Botton

Every parent wants their child to be happy and every parent wants to avoid screwing them up. But how do you achieve that?

In this absorbing, clever and funny book, renowned psychotherapist Philippa Perry tells us what really matters and what behaviour it is important to avoid - the vital dos and don'ts of parenting.

Instead of mapping out the 'perfect' plan, Perry offers a big-picture look at the elements that lead to good parent-child relationships. This refreshing, judgement-free book will help you to:

- Understand how your own upbringing may affect your parenting
- Accept that you will make mistakes and learn what you can do about them
- Break negative cycles and patterns
- Handle your own and your child's feelings
- Understand what different behaviours communicate

Full of sage and sane advice, this is the book that every parent will want to read and every child will wish their parents had.

作者介绍:

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标签

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评论

心理医生给起建议来，还真是何不食肉糜。还是你来问我来答吧。

知识点满满，基本上是比较先进的西方育儿理念，作者结合儿童心理学和父母的心理问题（例如原生家庭影响）来综合分析育儿方法

Reading Perry's writing was a very comforting experience - she offers useful concepts to look at how we have become who we are and I like that she mentioned Bowlby's attachment theory. Not being a parent myself, I think I am qualified to say this book can help people understand their relations with their own parents, for now or at hindsight.

不只是讨论了育儿问题，还对友谊和亲密关系的成长提供了深入独特的觉察。

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