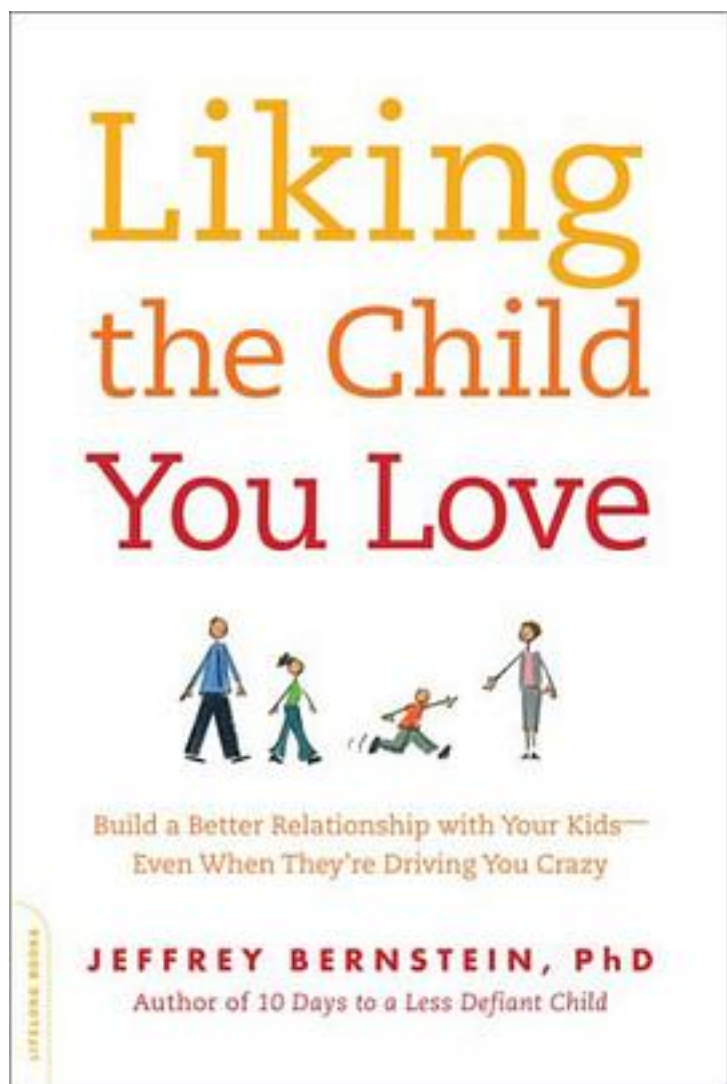


# Liking the Child You Love



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“I shouldn’ t have to tell him that again!”

“She is just so spoiled.”

“They don’ t appreciate anything I do for them.”

Do you feel like you’ re at the end of your rope? Are you exhausted by your kids arguing over every little thing? Finally there’ s a name for your feelings: “Parent Frustration Syndrome” (PFS). No kid is perfect, but parents often don’ t realize just how much their own thoughts, rather than their children’ s behavior, contribute to being emotionally overwhelmed and discouraged.

In *Liking the Child You Love*, Renowned psychologist Dr. Jeffrey Bernstein offers proven strategies for taming the 9 most common toxic thought patterns that stop us from parenting effectively:

- The “Always or Never” Trap
- Label Gluing
- Seething Sarcasm
- Smoldering Suspicions
- Detrimental Denial
- Emotional Overheating
- Blame Blasting
- “Should” Slamming
- Dooming Conclusions

As you identify and put a stop to PFS’ s negative thought patterns, you’ ll be amazed at how your kids’ defiant behavior quickly improves, without having to raise your voice or dole out harsh punishments. Soon you will have a closer, calmer, and more loving relationship with your kids—just by changing your own mindset.

作者介绍:

目录:

[Liking the Child You Love 下载链接1](#)

标签

评论

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[Liking the Child You Love\\_下载链接1](#)

书评

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