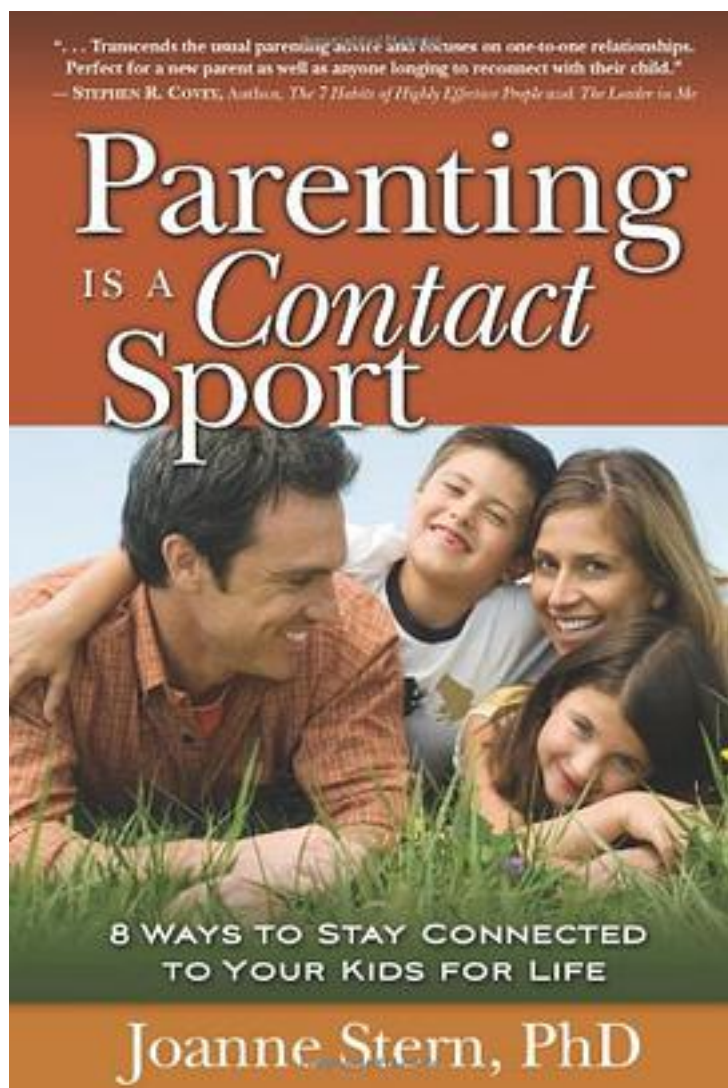


Parenting is a Contact Sport



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What would you do if your six-year-old got suspended from school for his bad behavior? Or your twelve-year-old started sneaking out of the house? Or your sixteen-year-old fell down drunk at a party and broke her nose on the keg? "Parenting Is a Contact Sport" will help parents build permanent and powerful relationships with their children that will see them through tough challenges. Skillfully balancing information from her years as a therapist and her experience as the mother of two girls, the author guides the reader through the biggest problem areas of parenting, including communication, discipline, belonging, honesty, and self-esteem. Readers will learn that the key is to establish a connection through physical, verbal, and even unspoken contact. This book will stimulate thinking about families and provide courage to improve, renew, or repair damaged relationships. Providing specific behavioral advice supported by anecdotal material, the author coaches readers through the tough spots of making contact and deepening bonds - in the present and for the future.

作者介绍:

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