



## Raising Happy, Confident Kids, the A to Z Guide

By Jennifer Berman

New World Library. Paperback. Book Condition: new. BRAND NEW, Raising Happy, Confident Kids, the A to Z Guide, Jennifer Berman, Parents no longer have time to read long books about the theories of parenting. What they want are quick pieces of advice geared to their busy lifestyles and immediate needs. Dr. Jenn comes to the rescue with this fun yet useful book that offers 26 short chapters on everything from pets to being a sports parent to healthy relationships to food to keeping your marriage as much fun as it was before the kids arrived. Designed to be browsed or picked up from time to time for specific help, the book provides insight and guidance for any parent but focuses on parents with toddlers to year three. Upbeat, lively, and humorous, this book answers parents' most frequent questions about how to raise a healthy, well-adjusted child. Using her 15 years of clinical experience as a licensed marriage, family and child therapist in private practice and the wealth of knowledge she has accumulated writing her "Dr. Jenn" column for "Los Angeles Family Magazine", she gives parents the knowledge and practical tools they need to help raise terrific kids. Because every chapter...



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