



How Your Child Thinks: Give Your Child the Superpowers to Be a Happy, Healthy Person

By Stephen Briers

FT Press. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.1in. x 5.3in. x 0.8in. In an age where more children are struggling than ever before, how can you raise happy, healthy, fulfilled children... young people who can handle pressure and become successful, independent adults? The secret: give them the skills, tactics, and strategies they need to manage their own lives. In this book, one of the world's most respected child psychologists shows how to do just that, one day, one minute at a time. Dr. Stephen Briers teaches powerful, proactive parenting techniques that don't simply respond to bad behavior, but help keep it from happening in the first place. Drawing on compelling new research on positive psychology, Dr. Briers shows how to cultivate the specific habits of thought that nurture resilience and help inoculate against depressive illness; promote happiness and well-being; cultivate personal competence and social confidence; boost your child's problem-solving skills. You'll learn why so many of today's conventional parenting techniques cause more problems than they solve; when to use carrot and stick discipline, and when there's a better alternative; why your child is smarter and more capable than you realize and how you can help your...



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