

Siblings Without Rivalry Ebook Adele Faber

[#siblings without rivalry](#) [#adele faber parenting](#) [#reduce sibling fighting](#) [#positive sibling relationships](#) [#parenting advice for siblings](#)

Discover the transformative strategies within Adele Faber's "Siblings Without Rivalry" ebook, offering invaluable parenting insights to foster positive sibling relationships. This essential guide provides practical advice to effectively reduce sibling fighting, empowering your children to build stronger bonds and create a more harmonious family environment.

Every lecture note is organized for easy navigation and quick reference.

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How To Talk: Siblings Without Rivalry

From the widely acclaimed HOW TO TALK series, discover how to cope with - and deflect - sibling rivalry. Full of humour and compassion, SIBLINGS WITHOUT RIVALRY challenges the idea that constant conflict between siblings is natural and unavoidable. With this book, you'll learn how to: · Avoid comparisons and the perils of equality. · Intervene helpfully and step away at the right time. · Encourage good feeling between your children.

Siblings Without Rivalry

A comprehensive guide with practical guidelines and examples for how to cope with - and deflect - sibling rivalry.

Summary of Adele Faber & Elaine Mazlish's Siblings Without Rivalry

Please note: This is a companion version & not the original book. Sample Book Insights: #1 Sibling rivalry is something that happens to other people's children, not to yours. You'd think that after having been siblings themselves, parents would be prepared for the rivalry, but that isn't always the case. #2 Sibling rivalry is a common problem among parents. It can be difficult to avoid, as children often draw upon the memories of their past relationships with their siblings to help them deal with their current conflicts. #3 The similarities between parents' and children's stories about their sibling rivalry were striking. The generations may not be that different, after all. #4 We all have experiences that impact our lives today, and these experiences can be traced back to our childhood relationships with our siblings.

Siblings Without Rivalry

The authors show effective ways to reduce sibling rivalry and promote cooperation rather than competition

Siblings Without Rivalry

The #1 New York Times best-selling guide to reducing hostility and generating goodwill between siblings. Already best-selling authors with *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, Adele Faber and Elaine Mazlish turned their minds to the battle of the siblings. Parents themselves, they were determined to figure out how to help their children get along. The result was *Siblings Without Rivalry*. This wise, groundbreaking book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. With humor and understanding—much gained from raising their own children—Faber and Mazlish explain how and when to intervene in fights, provide suggestions on how to help children channel their hostility into creative outlets, and demonstrate how to treat children unequally and still be fair. Updated to incorporate fresh thoughts after years of conducting workshops for parents and professionals, this edition also includes a new afterword.

Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too

The #1 New York Times best-selling guide to reducing hostility and generating goodwill between siblings. Already best-selling authors with *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, Adele Faber and Elaine Mazlish turned their minds to the battle of the siblings. Parents themselves, they were determined to figure out how to help their children get along. The result was *Siblings Without Rivalry*. This wise, groundbreaking book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. With humor and understanding—much gained from raising their own children—Faber and Mazlish explain how and when to intervene in fights, provide suggestions on how to help children channel their hostility into creative outlets, and demonstrate how to treat children unequally and still be fair. Updated to incorporate fresh thoughts after years of conducting workshops for parents and professionals, this edition also includes a new afterword.

How to Talk So Kids Will Listen & Listen So Kids Will Talk

You Can Stop Fighting With Your Children! Here is the bestselling book that will give you the know-how you need to be more effective with your children and more supportive of yourself. Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes relationships with children of all ages less stressful and more rewarding. Their methods of communication, illustrated with delightful cartoons showing the skills in action, offer innovative ways to solve common problems.

How to Talk So Teens Will Listen and Listen So Teens Will Talk

The renowned #1 New York Times bestselling authors share their advice and expertise with parents and teens in this accessible, indispensable guide to surviving adolescence. Adele Faber and Elaine Mazlish transformed parenting with their breakthrough, bestselling books *Siblings Without Rivalry* and *How to Talk So Kids Will Listen & Listen So Kids Will Talk*. Now, they return with this essential guide that tackles the tough issues teens and parents face today. Filled with straightforward advice and written in their trademark, down-to-earth style sure to appeal to both parents and teens, this all-new volume offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.

How to Be the Parent You Always Wanted to Be

Addressing the struggles parents face every day, Adele Faber and Elaine Mazlish's down-to-earth, effective approach to parenting has improved the lives of countless families across the world. Now their wisdom and techniques are collected in this concise edition, designed for busy parents on the go. With this essential workbook and audio guide, you'll learn things like: • Dealing with your children's

strong emotions • Setting firm limits and still maintaining goodwill • Expressing your feelings without being hurtful • Engaging your children's co-operation • Resolving family conflicts peacefully

Siblings

Brothers and sisters: they can make great friends, and it's nice to have someone who'll love you no matter what. But kids know siblings can be a real drag, too. Full-color illustrations and humorous, kidfriendly text teach kids how to cope with problems of fairness, jealousy, conflict, tattling, privacy, and other things that can make having siblings so difficult. Kids learn how to cope with a new baby in the home and how to handle special situations such as siblings with special needs, step-siblings, and adopted siblings. Unlike most other books on the topic, *Siblings* doesn't dwell on sibling rivalry; it focuses on building positive relationships. After all, siblings can grow up to be the best of friends.

Keep the Siblings Lose the Rivalry

For most of us, dreams of family harmony and cooperation often give way to the reality of squabbling and fighting between siblings. In *Keep the Siblings, Lose the Rivalry*, Dr. Todd Cartmell explodes the myth that parents must sit passively by while sibling conflict runs rampant. Based on solid biblical principles and sibling research, Cartmell provides a ten-step plan that will help you enrich your family soil, plant the seeds of sibling relational skills, and provide an environment that will encourage respectful sibling relationships. Cartmell includes fifteen "ready-to-use" Family Time Discussion Guides and creates powerful object lessons using common household objects such as stinky socks, post-it notes, tennis balls, and tasty treats. With role-plays, Scripture references, and interactive discussion questions, each Family Time Discussion Guide will bring you closer together as a family and improve your children's skills at handling sibling conflict in a respectful way. Practical, down-to-earth, and leavened with Cartmell's dry humor, *Keep the Siblings, Lose the Rivalry* will equip you to handle the most difficult sibling challenges.

How to Talk So Little Kids Will Listen

"New stories & strategies based on ... 'How to talk so kids will listen & listen so kids will talk'"--Cover.

How To Talk So Kids Can Learn

The leading experts on parent-child communication show parents and teachers how to motivate kids to learn and succeed in school. Using the unique communication strategies, down-to-earth dialogues, and delightful cartoons that are the hallmark of their multimillion-copy bestseller *How to Talk So Kids Will Listen and Listen So Kids Will Talk*, Adele Faber and Elaine Mazlish show parents and teachers how to help children handle the everyday problems that interfere with learning. This breakthrough book demonstrates how parents and teachers can join forces to inspire kids to be self-directed, self-disciplined, and responsive to the wonders of learning.

How to Talk When Kids Won't Listen

An all-new guide from the mega-bestselling *How To Talk* series applies trusted and effective communication strategies to the toughest challenges of raising children. For forty years, readers have turned to Adele Faber and Elaine Mazlish's *How To Talk So Kids Will Listen & Listen So Kids Will Talk*, the book *The Boston Globe* called, "the parenting Bible," for a respectful and practical approach to communication with children. Expanding upon this work, Adele's daughter, Joanna Faber, along with Julie King, coauthored the bestselling book, *How To Talk So Little Kids Will Listen*. Now, Faber and King have tailored *How To Talk*'s tried and trusted communication strategies to some of the most challenging childhood moments. From tantrums to technology to talking to kids about tough topics, *How To Talk When Kids Won't Listen* offers concrete strategies for these and many more difficult situations. Part One introduces readers to the *How To Talk* "toolbox," with whimsical cartoons demonstrating the basic communication skills that will transform readers' relationships with children in their lives. In Part Two, Joanna and Julie answer specific questions and share relatable stories, offering practical tools for addressing issues such as homework hassles, sibling battles, digital dilemmas, problems with punishment, and more. Readers can turn directly to any topic of interest and find the help they need, with handy "reminder pages." Through the combination of lively stories from real parents and teachers, humorous illustrations, and entertaining exercises, *How To Talk When Kids Won't Listen* offers real

solutions to struggles familiar to every parent, grandparent, teacher, and anyone else who lives or works with children.

Group Psychotherapy with Children

A practical guide to play therapy with children. This book covers aspects of treatment including the selection of appropriate patients, choice of toys, setting limits, and working with parents. The capabilities of group therapy to foster social interaction and psychological development are shown.

Siblings Without Rivalry

Shows how to help very young children interact in positive ways to overcome competition and hostility, and bring more peace and harmony to family life.

Mothering Our Boys (US Edition)

"Maggie is earthy and real, full of love and knowledge, especially on raising sons." - Steve Biddulph
"Maggie's perspective on raising boys is spot on. She writes with humor and depth, providing insight and strategies for many of the most important issues facing moms. There is a lovely ease to her writing and a powerful honesty. I hope every mother of a son (and everyone else!) will read this book. The future of the world, to a great extent, depends on how we raise our boys." - Michael Gurian, New York Times Bestselling Author of *The Wonder of Boys* and *Saving Our Sons*
If we can see the world through boys' eyes a little better, we will make different choices in the way we mother them... and we will find them less confusing, and love them more deeply. Mothers of sons are worried about raising their boys in a world where negative images of masculinity are front and centre of our media, almost every day. Not only that, but statistically our boys are still struggling in many ways. Even though we live in a time where we recognise that nothing in gender is fixed, it remains a fact that the influence of a mother on her son is massive. A mother of four sons herself, Maggie Dent draws on her personal experience - and over four decades work as a teacher, counsellor and now author and speaker - to help build understanding, empathy and compassion for our boys. Maggie shares her five key secrets that every mum needs to know and uses the voices of men she has worked with and surveyed to reveal what really matters in a boy's relationship with his mother and other mother figures. Maggie is one of Australia's most popular parenting authors and educators, and her seminars about boys have sold out all across Australia and in the UK. She is finally sharing her insights, her reflections, and (as always) her humour around mothering boys to help you be the mum your son needs you to be.

Liberated Parents, Liberated Children

An book containing advice and examples of the countless ways the use of language can build self-esteem, inspire confidence and encourage responsibility. It takes a look at how we react to our children and how modifying our response can help change the mood in our homes.

Parenting the New Teen in the Age of Anxiety

A Guidebook for Parents Navigating the New Teen Years Learn about the "New Teen" and how to adjust your parenting approach. Kids are growing up with nearly unlimited access to social media and the internet, and unprecedented academic, social, and familial stressors. Starting as early as eight years old, children are exposed to information, thought, and emotion that they are developmentally unprepared to process. As a result, saving the typical "teen parenting" strategies for thirteen-year-olds is now years too late. Urgent advice for parents of teens. Dr. John Duffy's parenting book is a new and necessary guide that addresses this hidden phenomenon of the changing teenage brain. Dr. Duffy, a nationally recognized expert in parenting for nearly twenty-five years, offers this book as a guide for parents raising children who are growing up quickly and dealing with unresolved adolescent issues that can lead to anxiety and depression. Unprecedented psychological suffering among our young and why it is occurring. A shift has taken place in how and when children develop. Because of the exposure they face, kids are emotionally overwhelmed at a young age, often continuing to search for a sense of self well into their twenties. Paradoxically, Dr. Duffy recognizes the good that comes with these challenges, such as the sense of justice instilled in teenagers starting at a young age. Readers of this book will:

- Sort through the overwhelming circumstances of today's teens and better understand the changing landscape of adolescence
- Come away with a revised, conscious parenting plan more suited to addressing the current needs of the New Teen
- Discover the joy in parenting again by reclaiming

the role of your teen's ally, guide, and consultant If you enjoyed parenting books such as *The Yes Brain*, *How to Raise an Adult*, *The Deepest Well*, and *The Conscious Parent*; then *Parenting the New Teen in the Age of Anxiety* should be next on your list!

Siblings without Rivalry

The #1 "New York Times" bestseller--now with three new insightful and informative chapters. "Siblings Without Rivalry" challenges the idea that constant, unpleasant conflict among siblings is natural and unavoidable and uses action-oriented, accessible anecdotes and stories to show parents the many ways to teach children to get along. Copyright © Libri GmbH. All rights reserved.

Keeping Your Child in Mind

Being understood by someone you love is one of the most powerful feelings, at all ages. For a young child, it is the most important of all experiences because it allows the child's mind and sense of self to grow. In the midst of the perennial concerns parents bring to Dr. Claudia Gold, she shows the magical effect of seeing a problem from their child's point of view. Most parenting books teach parents what to do to solve behavior problems, but Dr. Gold shows parents how to be with a child. Crises are defused when children feel truly heard and validated; this is how they learn to understand, and, eventually, control themselves. Dr. Gold's insightful guide uses new research in developmental psychology and vivid stories from her practice to show parents how to keep a child in mind and deepen this central relationship in their lives.

Unconditional Parenting

The author of *Punished by Rewards* and *The School Our Children Deserve* builds on his parenting theories of working with children rather than trying to control them, argues against practices that teach children that they must earn a parent's approval, and presents techniques that promote desired child qualities through unconditional support. Reprint. 30,000 first printing.

Let Them Be Kids

As parents we want to safeguard our children from the pressures and influences of the world, but also prepare them for age-appropriate realities. How do we find that balance? Jessica Smartt shares ways to be more aware, proactive, and protective, but also adventurous with our kids. A former English teacher and homeschooling mother of three, Jessica Smartt felt the weight of helping prepare her kids for life, seeking to raise her children with a sense of adventure, self-confidence, manners, faith, and the ability to use technology wisely. *Let Them Be Kids* is Jessica's offering of grace and confidence to moms, providing practical ideas to meet the challenge of raising children. Part story, part guidebook, every chapter includes doable parenting strategies and encouragement for the journey, equipping moms with ways to provide a safe, healthy, Christ-centered upbringing for our children. Her well-researched, tested methods, woven together with her personal stories and witty humor, deliver wisdom on tough topics, such as: Managing technology and fostering creative playtime Balancing family time versus sports and extracurriculars How and why to let your kids be awkward Protecting innocence and purity Showing grace when kids disobey If you want to conquer fear and find the truth that transforms entire families, *Let Them Be Kids* will show you that it's not only possible but essential to enjoy every special moment of building family values together. And it serves as a gentle reminder that, someday, you'll be very glad you did.

Parent Talk

The right words for every situation. Do you find yourself in those maddening situations where you sound like a broken record when talking to your child? Your preschooler won't decide what she wants to wear, regardless of how many times you insist that she just choose; your struggling third grader says "I can't do math," and your "Sure you can!" reassurance falls like a dead weight; your daughter smears on black eyeliner just before the bus arrives, and your daily protests are muted by hers. What's left to say? Lots. In *Parent Talk*, a must-have for every parent with a preschool to high school-age child, Chick Moorman tells you what to say so that you can communicate more effectively—and peacefully—with your child in every circumstance, including: -The morning mad dash to dress, eat, and leave the house on time -The nightly struggle to focus on homework -The endless car ride of exhaustion-induced whining -The meltdown in the mall For instance, Moorman's antidote to the "I can't" loop is "Act as if you've done

this before.” With Moorman’s help, you’ll learn the words to use and the words to avoid to end power struggles and the fruitless conversation loops you’re stuck in.

ParentShift

“An encyclopedic exploration of the most effective methods for giving children the courage to realize their full potential.” — ADELE FABER, author of *How to Talk So Kids Will Listen & Listen So Kids Will Talk* WINNER: Nautilus Book Award, Foreword Indies Award, Independent Publishers Book Award, Readers Choice Award, National Indie Excellence Award and Family Choice Award. NEW TOOLS AND A GROUNDBREAKING FORMULA FOR SOLVING VIRTUALLY ANY PARENTING CHALLENGE WITHOUT PUNISHMENTS, REWARDS OR BRIBERY. ParentShift is an award-winning book that marries modern research and science with the work of some of the greatest child psychologists of our time. The advice, which applies to children of any age, is built into a flexible, common-sense approach. Unlike any other parenting book on the market, ParentShift transforms families by showing parents precisely how to solve short-term challenges, prevent long-term problems and build strong relationships with kids — all at the same time. In this book, readers will learn to: • Respond thoughtfully to outbursts and tantrums. • Set age-appropriate limits and boundaries. • Prepare children to meet life’s challenges. • Ensure kids become strong boundary-setters. • Curtail power struggles and sibling rivalry. • Move beyond timeouts, reward charts and other outdated tactics. • Build open, trusting parent-child bonds that keep kids turning to parents, instead of peers, for guidance.

Why Boys Don't Listen to Their Mothers

Why Boys Don't Listen to Their Mothers reveals eye-opening principles and techniques designed to train adults on the best ways to manage, guide, and treat boys with behavioral problems. It does not disappoint as the content is filled with step-by-step instructions, stories, examples, and scenarios to help you get the results you've been searching for. --- This powerful book contains premium information that can be used by any adult who interacts with children and adolescents. However, this book is particularly sought after by those who match any of the following attributes... You deal with boy(s) under the age of 13 who have behavioral problems or disorders such as Oppositional Defiant Disorder (ODD), Conduct Disorder, Attention deficit Hyperactivity Disorder (ADHD), Trauma, Anxiety, Temper Tantrums, Impulsivity, Aggression, Anger, Violence or Bad Habits You deal with boy(s) under the age of 13 who need guidance, mentorship, positive mindset training and life skills You are a parent, teacher, healthcare professional, coach, school leader, or caregiver You are under the age of 40 years old You live in urban / suburban areas You have a friend, family member, or colleague that struggles with difficult boy behavior under the age of 13 Victor Moody has years of experience providing infield behavioral therapy to children with mental health complications and behavioral disorders. He founded his company, Kidshapers, early in 2020 whose mission is to support parents and schools with behavior management for elementary school aged children (13 & under). --- So far, so good? Great! One last thing. You should only buy this book if you want to learn... How to stay calm, focused and disciplined when emotions run overboard Multi-tiered intervention plans to turn you into a pro who is equipped to handle outbursts, meltdowns, and explosive boys Discover your parenting style and how it affects your children Secrets of effective parent-child communication How to challenge boys, make them smarter and rapidly increase their independence World class, innovative strategies of behavior management Non-medication approaches to treat disruptive behaviors How to be prepared and ready for anything a child throws at you (sometimes literally) What goes on inside the minds of these boys - child psychology Healthy discipline strategies and parenting techniques that also avoid triggers The art of body language Untold truths about bonding with kids How to make boys listen and follow directions without speaking a single word 7 core principles that make the best parents "Books like Why Boys Don't Listen to Their Mothers only comes around once in a generation. Make sure you buy it today so you can be the change...the impact...that influences the next!" Take control now. Simply scroll up and make this book yours!

The Second Baby Book

'The thing about having a second baby is it's likely to differ a lot from your first experience. Sarah Ockwell-Smith's guide looks at the challenges you might face along with some practical tips to consider. The book offers a friendly feel that reminds us issues and all, we'll be just fine' Mirror, Best Baby Books for Parents 2020 Having a second baby is a very different experience from having your first, yet there is little recognition of the wide range of issues that need to be considered when bringing a

second child into the family. In this incredibly helpful book, Sarah Ockwell-Smith helps parents feel more positive and prepared for life with two children. The book begins with the obvious question: when is the right time to add another member to the family? It then goes on to examine the specific issues that can arise with a second pregnancy and birth; the common concerns about siblings, such as how to prepare your firstborn for what's to come; how to cope with the practicalities of life with two young children (aka actually managing to get anything done!); and the feelings parents are likely to experience, too. The Second Baby Book examines all the questions and issues Sarah herself faced second time around, as well as sharing the experiences of the many parents who have sought her advice. It also highlights what scientific studies reveal about such issues as the spacing of children and the differences between first and second births. Practical, insightful and honest, this book will help you understand the challenges ahead but, more importantly, it will equip you to meet them with knowledge, confidence and a sense of excitement for the future.

Teaching Kids to Think

Today's kids don't know how to read a map. They can Google the answer to any question at lightning speed. If a teen forgets his homework, a quick call to mom or dad has it hand-delivered in minutes. Fueled by the rapid pace of technology, the Instant Gratification Generation not only expects immediate solutions to problems -- they're more dependent than ever on adults. Today's kids are being denied opportunities to make mistakes, and more importantly, to learn from them. They are being taught not to think. In Teaching Kids to Think, Dr. Darlene Sweetland and Dr. Ron Stolberg offer insight into the social, emotional, and neurological challenges unique to this generation. They identify the five parent traps that cause adults to unknowingly increase their children's need for instant gratification, and offer practical tips and easy-to-implement solutions to address topics relevant to children of all ages. A must-read for parents and educators, Teaching Kids to Think will help you understand where this sense of entitlement comes from -- and how to turn it around in order to raise children who are confident, independent, and thoughtful.

The Book You Wish Your Parents Had Read (and Your Children Will Be Glad That You Did)

THE #1 SUNDAY TIMES BESTSELLER 'A wonderful book' Richard Osman 'So clear and true ... Helpful for all relationships in life' Nigella Lawson 'A fascinating read on the emotional baggage we all carry' Elizabeth Day

How can we have better relationships? In this Sunday Times bestseller, leading psychotherapist Philippa Perry reveals the vital do's and don'ts of relationships. This is a book for us all. Whether you are interested in understanding how your upbringing has shaped you, looking to handle your child's feelings or wishing to support your partner, you will find indispensable information and realistic tips in these pages. Philippa Perry's sane, sage and judgement-free advice is an essential resource on how to have the best possible relationships with the people who matter to you most.

'It gave me hope as a new parent' Babita Sharma 'This has genuinely had such a positive impact on my life and my relationship with my daughter' Josh Widdicombe 'She writes with an inquisitive elegance rarely found in parenting guides ... it is forgiving and persuasive' Hadley Freeman, the Guardian 'Philippa Perry is one of the wisest, most sane and secure people I've ever met' Decca Aitkenhead, Sunday Times Magazine

Between Parent and Child

ONE LAST BATTLE The true identity of the Brigadier has been revealed, and she's used the power of the Disas Beast to transform Sayako into the most powerful Magical Girl yet--Sekhmet! Now the Magical Five, the M Squad, and all the other girls must fight for the very fate of the world. The final volume of Asuka's story has arrived! FINAL VOLUME

Magical Girl Spec-Ops Asuka Vol. 14

Almost no relationship will influence you as much as those you share with your siblings. They are the people who were by your side in the nursery and will stay with you for the entire ride. Scientists are only now discovering the power of the sibling bond, and TIME's special edition tells you what they're learning, including: * The truth about the influence of birth order* Why it's actually a good thing that kids

fight so much* The ways sisters and brothers teach each other about the opposite sex* How you can heal broken relationships

TIME The Science of Siblings

Nathaniel Branden's book is the culmination of a lifetime of clinical practice and study, already hailed in its hardcover edition as a classic and the most significant work on the topic. Immense in scope and vision and filled with insight into human motivation and behavior, *The Six Pillars Of Self-Esteem* is essential reading for anyone with a personal or professional interest in self-esteem. The book demonstrates compellingly why self-esteem is basic to psychological health, achievement, personal happiness, and positive relationships. Branden introduces the six pillars-six action-based practices for daily living that provide the foundation for self-esteem-and explores the central importance of self-esteem in five areas: the workplace, parenting, education, psychotherapy, and the culture at large. The work provides concrete guidelines for teachers, parents, managers, and therapists who are responsible for developing the self-esteem of others. And it shows why-in today's chaotic and competitive world-self-esteem is fundamental to our personal and professional power.

Six Pillars of Self-Esteem

This might be the most decisive book you can find in terms of defining your relationship with your partner, children, parents, siblings and close friends. Jesper Juul reveals with great insight why it is only possible to say Yes! to yourself when you also feel liberated and free to say No! to others. By letting go of the obligation to be nice and the need to serve and please others, it is easier to connect with your true identity. Jesper Juul reveals the secret to developing and maintaining a healthy mind, social competence as well as staying true to yourself. When reading this practical book you will discover why No! is also called the most loving answer and therefore is the ultimate gift to yourself and those you hold near and dear.

No!

'A wonderfully optimistic and original book ... No doubt it will be extremely reassuring for readers and everyone will find some nuggets that are helpful to them' Professor Susan Golombok 'Helpful to anyone interested in learning more about their own families. I highly recommend it' Dr Joshua Coleman Family researcher Lucy Blake pulls apart our expectations about family and shows us how to embrace the messy, beautiful reality. What makes a good parent? Can sibling relationships survive to adulthood? Should love within a family really be unconditional? Wherever, whenever and however you learnt about family, it's likely that you have unshakeable answers to these questions. In this revelatory new book, family researcher Lucy Blake shows that, whatever your assumptions are, they are almost certainly wrong and probably doing damage to your closest relationships. Blake looks at how the expectations we have affect and even hinder our interactions with parents, siblings, relatives and our children. Drawing on her experience of interviewing hundreds of family members – of all backgrounds – she explores these unrealistic ideas, exposes the truth of what a family really is and explains how we can better understand and appreciate the one we have. *No Family Is Perfect* is a fascinating examination of the messy and beautiful reality of family life, and a look at how we can change our beliefs about family for the better and maybe even enjoy Christmas. "Provides a fresh context for exploring issues that engage us throughout our lives ... *No Family is Perfect* will change how we think and write about families." Terri Apter, author of *Difficult Mothers* and *The Sister Knot*

Circus Life and Circus Celebrities

Psychotherapist Boyce shows the external appearances of drama, the inner workings, why people participate, and most importantly, how to conduct themselves so they live in what he calls the Drama Free Zone.

No Family Is Perfect

What could be a more tempting Christmas gift than a compendium of David Sedaris's best stories, selected by the author himself? From a spectacular career spanning almost three decades, these stories have become modern classics and are now for the first time collected in one volume. For more than twenty-five years, David Sedaris has been carving out a unique literary space, virtually creating his own genre. A Sedaris story may seem confessional, but is also highly attuned to the world outside. It

opens our eyes to what is at absurd and moving about our daily existence. And it is almost impossible to read without laughing. Now, for the first time collected in one volume, the author brings us his funniest and most memorable work. In these stories, Sedaris shops for rare taxidermy, hitchhikes with a lady quadriplegic, and spits a lozenge into a fellow traveler's lap. He drowns a mouse in a bucket, struggles to say 'give it to me' in five languages and hand-feeds a carnivorous bird. But if all you expect to find in Sedaris's work is the deft and sharply observed comedy for which he became renowned, you may be surprised to discover that his words bring more warmth than mockery, more fellow-feeling than derision. Nowhere is this clearer than in his writing about his loved ones. In these pages, Sedaris explores falling in love and staying together, recognizing his own aging not in the mirror but in the faces of his siblings, losing one parent and coming to terms - at long last - with the other. Taken together, the stories in *The Best of Me* reveal the wonder and delight Sedaris takes in the surprises life brings him. No experience, he sees, is quite as he expected - it's often harder, more fraught and certainly weirder - but sometimes it is also much richer and more wonderful. Full of joy, generosity, and the incisive humor that has led David Sedaris to be called 'the funniest man alive' (*Time Out New York*), *The Best of Me* spans a career spent watching and learning and laughing - quite often at himself - and invites readers deep into the world of one of the most brilliant and original writers of our time.

No More Drama

"The most helpful book on childhood anxiety I have ever read."—Michael Thompson, Ph.D. Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of the body's "security system": alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and "white-knuckling" through a fear • find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm when a child is distressed • bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for *The Opposite of Worry* "The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions."—*New England Psychologist* "Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen's main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games."—*Publishers Weekly* "Here's the help parents of anxious children have been looking for! Dr. Cohen's genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children's confidence. While reading, I found myself thinking, 'I'd like to try that for myself!'"—Patty Wipfler, founder and program director, *Hand in Hand Parenting* "If you want to understand your child's anxiety—and your own parental worries—you must read Larry Cohen's brilliant book, *The Opposite of Worry*. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood."—Michael Thompson, Ph.D. "The Opposite of Worry offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child."—Aletha Solter, Ph.D., founder, *Aware Parenting*, and author of *Attachment Play*

The Best of Me

The stunning success of *Reviving Ophelia*, Mary Pipher's landmark book, showed a true and pressing need to address the emotional lives of girls. Now, finally, here is the book that answers our equally timely and critical need to understand our boys. In *Raising Cain*, Dan Kindlon, Ph.D., and Michael Thompson, Ph.D., two of the country's leading child psychologists, share what they have learned in more than thirty-five years of combined experience working with boys and their families. They reveal a nation of

boys who are hurting—sad, afraid, angry, and silent. Statistics point to an alarming number of young boys at high risk for suicide, alcohol and drug abuse, violence and loneliness. Kindlon and Thompson set out to answer this basic, crucial question: What do boys need that they're not getting? They illuminate the forces that threaten our boys, teaching them to believe that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy biology," and "testosterone," Kindlon and Thompson shed light on the destructive emotional training our boys receive—the emotional miseducation of boys. Through moving case studies and cutting-edge research, *Raising Cain* paints a portrait of boys systematically steered away from their emotional lives by adults and the peer "culture of cruelty"—boys who receive little encouragement to develop qualities such as compassion, sensitivity, and warmth. The good news is that this doesn't have to happen. There is much we can do to prevent it. Kindlon and Thompson make a compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy—giving them the vital connections and support they need to navigate the social pressures of youth. Powerfully written and deeply felt, *Raising Cain* will forever change the way we see our sons and will transform the way we help them to become happy and fulfilled young men.

The Opposite of Worry

Raising Cain