

How to Be a Happier Parent: A Practical Guide to Raising Happy, Healthy, and Successful Children

By Dr. Jeffrey Bernstein



How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute by KJ Dell'Antonia

★★★★☆ 4.5 out of 5

Language : English
File size : 1349 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 319 pages



Parenting is one of the most challenging and rewarding experiences in life. But it can also be stressful, frustrating, and even overwhelming at times. In this book, Dr. Jeffrey Bernstein offers practical advice and strategies for parents who want to be happier and more effective in their parenting roles.

Drawing on his years of experience as a clinical psychologist and father of three, Dr. Bernstein provides insights into the emotional and behavioral needs of children at different ages and stages of development. He also offers practical tips for dealing with common parenting challenges, such as tantrums, sibling rivalry, and homework battles.

This book will help you:

- Understand your child's emotional and behavioral needs
- Set realistic expectations for your child's behavior
- Communicate effectively with your child
- Resolve conflicts peacefully
- Foster a positive and supportive home environment
- Take care of yourself as a parent

If you're ready to create a happier and more fulfilling family life, then this book is for you.

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About the Author

Dr. Jeffrey Bernstein is a clinical psychologist and father of three. He has worked with children and families for over 20 years, and he is the author of several books on parenting and child development. Dr. Bernstein is a frequent speaker at parenting conferences and workshops, and he has appeared on numerous television and radio programs.

Reviews

"Dr. Bernstein's book is a valuable resource for parents of all ages and stages. He provides practical advice and strategies for dealing with common parenting challenges, and he does so in a compassionate and supportive way." - Dr. Laura Markham, author of *Peaceful Parent, Happy Kids*

"This book is a must-read for any parent who wants to be happier and more effective in their parenting role. Dr. Bernstein's insights and advice are invaluable." - Dr. Jane Nelsen, author of *Positive Discipline*

"Dr. Bernstein's book is a practical and comprehensive guide to raising happy, healthy, and successful children. I highly recommend it to all parents." - Dr. John Gottman, author of *The Seven Principles for Making Marriage Work*

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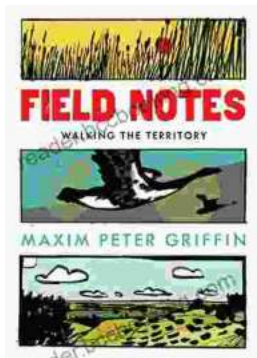
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