



Nurturing Resilience in Our Children: Answers to the Most Important Parenting Questions

Dr. Robert Brooks, Sam Goldstein

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TOP CHILD PSYCHOLOGISTS OFFER EXPERT INSIGHT AND PRACTICAL ADVICE FOR RAISING STRONG KIDS IN TODAY'S COMPLICATED WORLD


In their critically acclaimed parenting bestseller, *Raising Resilient Children*, Drs. Robert Brooks and Sam Goldstein introduced readers to their breakthrough parenting model for raising resilient, emotionally healthy children capable of confronting life's challenges and bouncing back from setbacks.

In this important Q&A follow-up book, Brooks and Goldstein elaborate and expand upon their theory of resilience by supplying reasonable, jargon-free answers to dozens of questions typically asked by the thousands of parents they've encountered through their workshops, seminars, and lectures.

They discuss such important topics as:

- Helping children feel special and appreciated
- Teaching children how to solve problems and make decisions
- Encouraging self-discipline, self-control, and interpersonal skills

Fostering Resilience in Our Children shows parents how to help their children develop key competencies and character traits.

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