



The New Six-Point Plan for Raising Happy, Healthy Children: A Newly Updated, Greatly Expanded Version of the Parenting Classic

John Rosemond

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In a logical, well-articulated manner, Rosemond provides many examples, making this a practical rather than philosophical reference . . . Rosemond's thorough explanations and real-life examples make this a valuable resource for parents of both young and older children." --Library Journal

Renowned and respected family psychologist John Rosemond blames child-centered parenting books from recent decades for creating a generation of dependent, often defiant children. He sets the record straight in *The New Six-Point Plan for Raising Happy, Healthy Children*, an updated version of his highly successful book published more than fifteen years ago.

Booms in technology and mass media have created significant changes in society in the last two decades. The text in this revised book has been thoroughly updated to reflect today's society, yet the foundation of Rosemond's timeless and effective approach remains constant. He encourages families to return to tried-and-true, fundamental parenting truths that people did naturally before the "new science of parenting":

- * Parents aren't their children's friends; they are their leaders.
- * Parents are at the center of a family-not kids.
- * Your marriage must come before your children.

Each chapter includes easy-to-relate-to questions from parents, which Rosemond answers with both common sense and a sense of humor. For families feeling overwhelmed by competing advice about parenting, this book will ground them with logical, proven approaches to the most significant challenges parents face today. From issues such as self-esteem and discipline to television and chores, this straightforward guidance will facilitate a return to parent-centered families where children are raised into responsible adults.

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