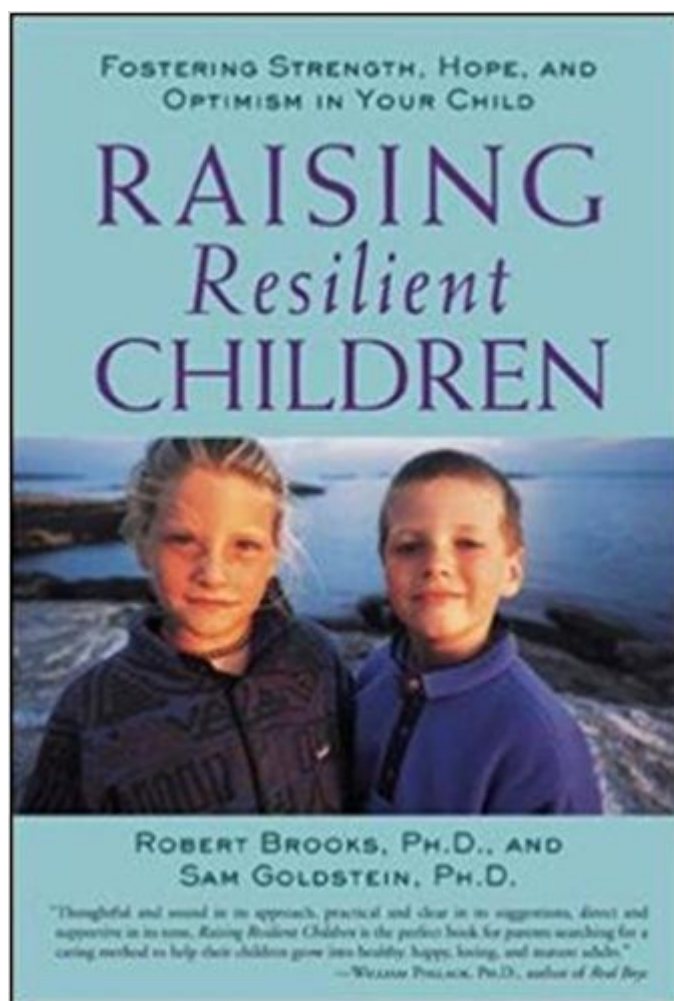


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# Raising Resilient Children : Fostering Strength, Hope, And Optimism In Your Child



## Synopsis

TOP CHILD PSYCHOLOGISTS OFFER EXPERT INSIGHT AND PRACTICAL ADVICE FOR RAISING STRONG KIDS IN TODAY'S COMPLICATED WORLD "Thoughtful and sound in its approach, practical and clear in its suggestions, direct and supportive in its tone, Raising Resilient Children is the perfect book for parents searching for a caring method to help their children grow into healthy, happy, loving, and mature adults." — William Pollack, Ph.D., author of Real Boys ". . . the down-to-earth strategies ensure this title will be used as well as read . . . truly valuable material." — Publishers Weekly ". . . a remarkable book that pulls together the research on resilience and makes it readable, understandable, and practical." — Work and Family Life "A very important work. This not-to-be-missed book debunks the paradigm ('Good enough for me: I turned out OK') and replaces it with a new model fostering resilience capable of meeting obstacles head-on." — Library Journal (starred review)

## Book Information

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## Customer Reviews

Child psychologists Robert Brooks and Sam Goldstein are too humble to promise a "sure bet" method for fostering resilience in all children, but their book Raising Resilient Children certainly does an impressive job of upping the ante. The authors open their comprehensive study with two bold questions: Why do many parents insist on pointing out their child's weaknesses and try--in vain--to mend these, when harnessing the child's strengths bolsters self-esteem? And how can parents

change their erring ways to help these kids become thoughtful, confident adults? Their answer is a wisely crafted set of 10 essential parenting behaviors ("guideposts")--a prescription of sorts, for nurturing resilience in kids. Ironically, it's the parents who may reap the greatest rewards from putting these guideposts to work. Drawing heavily from 50 years of combined clinical practice, Brooks and Goldstein conclude that a child's resilience grows its deepest roots in the home, nurtured by parents who incorporate healthy doses of empathy, practical optimism, respect, unconditional love, keen listening skills, and the patience to administer these values every day. Sounds logical, but the gap between knowledge and action is deceptively wide. The authors knowingly share a caseload of tales from their own clients' histories--familiar scenarios of well-meaning parents who say and do counterproductive things. But they also present a treasury of suggestions for righting the wrongs, including detailed steps for rewriting negative parenting scripts, teaching and modeling empathy, and creating opportunities for kids to act responsibly and compassionately. This timely, insightful book will prove an effective tool for parents who are willing to scrutinize--and improve upon--their own resilience. --Liane Thomas --This text refers to an out of print or unavailable edition of this title.

In this practical handbook for parents, clinical psychologists Brooks and Goldstein draw on their considerable experience working with children and families to demonstrate that parents' core goal should be to instill in their children a sense of inner recourse. "A resilient child is an emotionally healthy child, equipped to successfully confront challenges and bounce back from setbacks," they contend, and to this end they provide 10 parenting "guideposts" for nurturing the kind of resilience that helps children thrive. From being empathic, to teaching problem-solving, to identifying "islands of competence" in order to help a child experience success, to editing and eliminating what the authors call "negative scripts" (what parents hear themselves saying and doing repeatedly, "with negligible beneficial results"), the guideposts are clearly delineated, first outlined in the introductory chapter and then expanded in individual chapters. In "Accepting Our Children for Who They Are," for instance, the authors discuss important abstractions--mapping out different personality types in children, addressing parental fears of being "mismatched" with their children--and then pack a practical punch with "Four Steps to Developing an Accepting Mindset with Your Child." An abundance of real-life examples encountered in the authors' own practices further helps to unite principle and theory with action, and while the subject-specific chapters encourage browsing, the down-to-earth strategies ensure that this title will be used as well as read. Though the book's straightforward, collaborative "we" yields a slightly lackluster voice, ultimately it doesn't impede the

transmission of this truly valuable material. Copyright 2001 Cahners Business Information, Inc.

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There are some great pieces of advice in these pages and so much of the examples are real life and can be used in your life immediately. However, I wasn't a big fan of the writing style and it reminded me of more a fictional piece than a book to study how to truly raise resilient children. I guess the point I'm trying to make is that I didn't think it was absolutely necessary to quote complete conversations between a therapist and patient. I personally would rather learn the moral or highlights of solving issues than reading pages upon pages of patient comments. In summary, there are many valuable parts to this book but if it was written in a different style I would have enjoyed it more.

This curriculum workbook springs from Goldstein's and Brooks' book, Raising Resilient Children, which (for some reason I do not know) is no longer available through .com (you would have to buy it used). (Perhaps the authors are planning a second edition?) This is a 9-week course covering: (1) Teaching and conveying empathy; (2) re-writing negative scripts; (3) Disciplining in ways that promote self-discipline and growth; (4) Making decisions, solving problems; (5) loving children in ways that help them feel special and appreciated; (6) learning from mistakes; (7) Expecting success, "islands of competence

Dr. Brooks is down-to-earth and gives the right advice every time. His ideas and insights are full of wisdom and will help make us all better parents and especially better people (not to mention, more effective parents). His examples bring his ideas to life and really make his ideals applicable. I have read a lot of parenting books and this is by far the best one I have read. While many authors have good ideas, their plans usually only cover 1-2 chapters of what's in this one. This book is more comprehensive and doesn't have any of the bad advice you might find in other books.

One of the best "parenting" books around. A needed addition to the parent library.

A very understanding explanation of their experiences with kids who had been difficult to connect with (for their parents). I have used some of the techniques described in this book and found them to be effective with my kids. I highly recommend this book for any parent looking for ways to reach their children.

Met expectation.

The book is thorough. It has case by case examples that I could relate and apply. This book gives great insight into the minds of children / teens. It is not preachy or demeaning. I recommend this book to improve your strained relationships with your own children.

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