

Things Our Parents Did To Raise Us

Ray Lancaster

Mindsight Daniel J. Siegel, 2010-01-12 From a pioneer in the field of mental health comes a groundbreaking book on the healing power of mindsight, the potent skill that allows you to make positive changes in your brain—and in your life. Foreword by Daniel Goleman, author of Emotional Intelligence • Is there a memory that torments you, or an irrational fear you can't shake? • Do you sometimes become unreasonably angry or upset and find it hard to calm down? • Do you ever wonder why you can't stop behaving the way you do, no matter how hard you try? • Are you and your child (or parent, partner, or boss) locked in a seemingly inevitable pattern of conflict? What if you could escape traps like these and live a fuller, richer, happier life? This isn't mere speculation but the result of twenty-five years of careful hands-on clinical work by Daniel J. Siegel, M.D. A Harvard-trained physician, Dr. Siegel is one of the revolutionary global innovators in the integration of brain science into the practice of psychotherapy. Using case histories from his practice, he shows how, by following the proper steps, nearly everyone can learn how to focus their attention on the internal world of the mind in a way that will literally change the wiring and architecture of their brain. Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients. And now he has written the first book that will help all of us understand the potential we have to create our own lives. Showing us mindsight in action, Dr. Siegel describes • a sixteen-year-old boy with bipolar disorder who uses meditation and other techniques instead of drugs to calm the emotional storms that made him suicidal • a woman paralyzed by anxiety, who uses mindsight to discover, in an unconscious memory of a childhood accident, the source of her dread • a physician—the author himself—who pays attention to his intuition, which he experiences as a vague, uneasy feeling in my belly, a gnawing restlessness in my heart and my gut, and tracks down a patient who could have gone deaf because of an inaccurately written prescription for an ear infection • a twelve-year-old girl with OCD who learns a meditation that is like watching myself from outside myself and, using a form of internal dialogue, is able to stop the compulsive behaviors that have been tormenting her These and many other extraordinary stories illustrate how mindsight can help us master our emotions, heal our relationships, and reach our fullest potential.

The Road to Positive Discipline: A Parent's Guide James C. Talbot, 2009-02-03 By using positive methods of discipline parents have the opportunity to provide their children with an optimal home environment for healthy emotional growth and development.

How to Raise an Adult Julie Lythcott-Haims, 2015-06-09 New York Times Bestseller Julie Lythcott-Haims is a national treasure. . . . A must-read for every parent who senses that there is a healthier and saner way to raise our children. -Madeline Levine, author of the New York Times bestsellers *The Price of Privilege* and *Teach Your Children Well* For parents who want to foster hearty self-reliance instead of hollow self-esteem, *How to Raise an Adult* is the right book at the right time. -Daniel H. Pink, author of the New York Times bestsellers *Drive* and *A Whole New Mind* A provocative manifesto that exposes the harms of helicopter parenting and sets forth an alternate philosophy for raising preteens and teens to self-sufficient young adulthood In *How to Raise an Adult*, Julie Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean to highlight the ways in which overparenting harms children, their stressed-out parents, and society at large. While empathizing with the parental hopes and, especially, fears that lead to overhelping, Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success. Relevant to parents of toddlers as well as of twentysomethings—and of special value to parents of teens—this book is a rallying cry for

those who wish to ensure that the next generation can take charge of their own lives with competence and confidence.

The Developing Mind, Second Edition Daniel J. Siegel, 2015-02-04 Daniel J. Siegel goes beyond the nature and nurture divisions that traditionally have constrained much of our thinking about development, exploring the role of interpersonal relationships in forging key connections in the brain. He presents a groundbreaking new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual. Illuminating how and why neurobiology matters. New to This Edition *Incorporates significant scientific and technical advances. *Expanded discussions of cutting-edge topics, including neuroplasticity, epigenetics, mindfulness, and the neural correlates of consciousness. *Useful pedagogical features: pull-outs, diagrams, and a glossary. *Epilogue on domains of integration--specific pathways to well-being and therapeutic change.

The Collapse of Parenting Leonard Sax, 2015-12-29 In this New York Times bestseller, one of America's premier child psychologists offers a must-read account of the dismal state of parenting today, and a vision for how we can better prepare our children for the challenges of the adult world In *The Collapse of Parenting*, internationally acclaimed author Leonard Sax argues that rising levels of obesity, depression, and anxiety among young people can be traced to parents abdicating their authority. The result is children who have no standard of right and wrong, who lack discipline, and who look to their peers and the Internet for direction. Sax shows how parents must reassert their authority - by limiting time with screens, by encouraging better habits at the dinner table, and by teaching humility and perspective - to renew their relationships with their children. Drawing on nearly thirty years of experience as a family physician and psychologist, along with hundreds of interviews with children, parents, and teachers, Sax offers a blueprint parents can use to help their children thrive in an increasingly complicated world.

Regretting Motherhood Orna Donath, 2017-07-11 A provocative and deeply important study of women's lives, women's choices—and an 'unspoken taboo'—that questions the societal pressures forcing women into motherhood Women who opt not to be mothers are frequently warned that they will regret their decision later in life, yet we rarely talk about the possibility that the opposite might also be true—that women who have children might regret it. Drawing on years of research interviewing women from a variety of socioeconomic, educational, and professional backgrounds, sociologist Orna Donath treats regret as a feminist issue: as regret marks the road not taken, we need to consider whether alternative paths for women currently are blocked off. She asks that we pay attention to what is forbidden by rules governing motherhood, time, and emotion, including the cultural assumption that motherhood is a "natural" role for women—for the sake of all women, not just those who regret becoming mothers. If we are disturbed by the idea that a woman might regret becoming a mother, Donath says, our response should not be to silence and shame these women; rather, we need to ask honest and difficult questions about how society pushes women into motherhood and why those who reconsider it are still seen as a danger to the status quo. Groundbreaking, thoughtful, and provocative, this is an especially needed book in our current political climate, as women's reproductive rights continue to be at the forefront of national debates.

Like Our Father Christina Fox, 2022-03-02 Reveal God to your children by parenting them like He parents us. Tired of all the parenting books full of strategic checklists, how-to advice, and quick tips? Instead of focusing on parenting techniques, *Like Our Father* is about who God is, who we are in light of that, and how God's character gives form to our parenting. Christina Fox invites you to explore the Scriptures and discover the goodness of the God who makes us His own. As God's beloved creatures, we bear His image--that is, we reflect Him to others. Is anything more important to pass on to our children than this?

Though it's tempting to want an instructional manual on child-rearing, what you really need is a grander vision of your Heavenly Father. As your kids share in your magnified vision of God, they'll begin to live as the image-bearers that He made them to be.

Parenting Today's Teens Mark Gregston, 2018-09-04 Parenting today's teens is not for cowards. Your teenager is facing unprecedented and confusing pressures, temptations, and challenges in today's culture. Mark Gregston has helped teens and their parents through every struggle imaginable, and now he shares his biblical, practical insights with you in bite-size pieces. Punctuated with Scriptures, prayers, and penetrating questions, these one-page devotions will give you the wisdom and assurance you need to guide your teen through these years and reach the other side with relationships intact.

How to Raise Kids Who Aren't Assholes Melinda Wenner Moyer, 2022-06-21 *How to Raise Kids Who Aren't Assholes* is a clear, actionable, sometimes humorous (but always science-based) guide for parents on how to shape their kids into honest, kind, generous, confident, independent, and resilient people...who just might save the world one day. As an award-winning science journalist, Melinda Wenner Moyer was regularly asked to investigate and address all kinds of parenting questions: how to potty train, when and whether to get vaccines, and how to help kids sleep through the night. But as Melinda's children grew, she found that one huge area was ignored in the realm of parenting advice: how do we make sure our kids don't grow up to be assholes? On social media, in the news, and from the highest levels of government, kids are increasingly getting the message that being selfish, obnoxious and cruel is okay. Hate crimes among children and teens are rising, while compassion among teens has been dropping. We know, of course, that young people have the capacity for great empathy, resilience, and action, and we all want to bring up kids who will help build a better tomorrow. But how do we actually do this? How do we raise children who are kind, considerate, and ethical inside and outside the home, who will grow into adults committed to making the world a better place? *How to Raise Kids Who Aren't Assholes* is a deeply researched, evidence-based primer that provides a fresh, often surprising perspective on parenting issues, from toddlerhood through the teenage years. First, Melinda outlines the traits we want our children to possess—including honesty, generosity, and antiracism—and then she provides scientifically-based strategies that will help parents instill those characteristics in their kids. Learn how to raise the kind of kids you actually want to hang out with—and who just might save the world.

Do Parents Matter? Robert A. LeVine, Sarah LeVine, 2016-09-06 When it comes to parenting, more isn't always better—but it is always more tiring. In Japan, a boy sleeps in his parents' bed until age ten, but still shows independence in all other areas of his life. In rural India, toilet training begins one month after infants are born and is accomplished with little fanfare. In Paris, parents limit the amount of agency they give their toddlers. In America, parents grant them ever more choices, independence, and attention. Given our approach to parenting, is it any surprise that American parents are too frequently exhausted? Over the course of nearly fifty years, Robert and Sarah LeVine have conducted a groundbreaking, worldwide study of how families work. They have consistently found that children can be happy and healthy in a wide variety of conditions, not just the effort-intensive, cautious environment so many American parents drive themselves crazy trying to create. While there is always another news article or scientific fad proclaiming the importance of some factor or other, it's easy to miss the bigger picture: that children are smarter, more resilient, and more independent than we give them credit for. *Do Parents Matter?* is an eye-opening look at the world of human nurture, one with profound lessons for the way we think about our families.

Boy Mom Monica Swanson, 2019-08-06 This guidebook, packed with wisdom, practical advice, resources, and encouragement, explores how moms can equip their sons with what they most need to succeed in life. Monica Swanson knew she'd tapped a heartfelt concern

when nearly two million readers shared her blog post *What a Teenage Boy Needs Most* from *His Mom*. In this helpful book, she takes mothers deeper into the insights they need for the boy-raising journey, covering topics from dealing with the daily influences of friends and technology to helping a boy grow to be physically, spiritually, and emotionally healthy. She also addresses learning and finding passions, perspectives on relationships and dating, and work ethics and money management. Each chapter features relatable stories, handy checklists, and practical advice based on a combination of research, experience, and biblical truth to guide and equip a mom in helping her son achieve his God-given potential. Praise for *Boy Mom* “In *Boy Mom* Monica Swanson offers readers practical advice and resounding hope that parenting our sons well through all seasons is not only possible but also enjoyable. This book is like an essential trail guide that I’ll refer to again and again in the beautiful and challenging adventure of motherhood.”—Becky Keife, author of *No Better Mom for the Job* and mom of three spirited boys “Monica Swanson is the friend we all need in our lives: humble, straightforward, warm, full of wisdom, and short on nonsense—and she knows her stuff like no one else. In *Boy Mom* she holds the bar high yet is forthcoming about her own struggles and imperfections. Inside these pages you’ll find deeply rooted biblical and practical advice along with calls to action when you don’t know where to start. The *Boy Mom Manifesto* at the end will not only inspire you but also make your heart swell.”—Kate Merrick, author of *Here, Now: Unearthing Peace and Presence in an Overconnected World* “Monica Swanson is the ultimate *Boy Mom* mentor. While her perspective on parenting is grounded in biblical wisdom, each chapter holds excellent practical tools for how to work out that wisdom on a daily basis in our homes. Of course, we know there aren’t formulas that will ensure we get it all right, but we also know that gleaning wisdom from women who have gone before us (and are still in the trenches with us) is invaluable in the wonderful adventure of helping boys become all God created them to be.”—Jeannie Cunnion, author of *Mom Set Free*

Influencers Ray Lancaster, 2021-03-28 Anna Vogel is a world-class expert in influence techniques. In spring 1941, as war rages between Nazi Germany and the United Kingdom, two other world-class influencers realise they need her help. The first is her employer, Joseph Goebbels, Germany's Minister of Propaganda, who is desperate to stop a fellow Nazi leader, Rudolf Hess, revealing devastating secrets to the British. The second is Winston Churchill, the UK's Prime Minister, who wants to recruit Anna as a spy. But Churchill first needs Anna's help to save his wife, who has been diagnosed with a complex brain tumour. Only one surgeon has the requisite skills to operate, but he is German, based in Berlin and a fervent Nazi. Can such a man be persuaded to come to London? Should he be? Anna suddenly finds herself in a position to help or destroy the careers of two of the world's most powerful leaders. What will she do with such power? How can she protect her own secrets and ambitions? To survive, she will need to face the toughest challenge any influence expert could imagine: influencing herself. *Influencers* is a thriller where the most powerful weapons are not the ones that explode, injure or kill. They are the ones that answer their victims' deepest psychological needs. Author Ray Lancaster is British. He has been studying, testing and teaching influence techniques, albeit of the softer variety usually known as communication, for three decades. His non-fiction book, *Your Influencing Instincts*, was published in 2019. *Influencers* is his first novel.

My Therapist Says My Therapist Says, 2020-10-06 From the team behind the super-popular Instagram @MyTherapistSays comes this humorous guide that chronicles the exhausting task of navigating the daily, anxiety-ridden struggle that we fondly call life. Including hilarious memes MTS is known and loved for, along with checklists, prompts, questions from readers, and more, *My Therapist Says* is the guide you need to achieve your goals, one wrong turn at a time. Have you ever wanted something, pursued it (albeit not quite as gracefully as you would’ve hoped), failed, and then genuinely asked yourself the

question, “Am I delusional?” Well, that’s how I began penning this magnum opus. Like the Buddhist’s have their Tripitaka, you have...moi. And my therapist, though it’s unlikely she’ll admit this in public. On the receiving end of a ghosting session? Needing a way to leave a work function without looking like a buzzkill? Having a hard time developing amnesia about your last relationship? Fear not, as I cover everything from circumstantial etiquette to blissful delusion when necessary. So, grab a pen, a box of tissues, a glass of wine, and your bestie, because sh*t is about to get real. And remember, be yourself, be kind, and all that jazz, unless you’re a Susan*. If that’s the case, try to be literally anyone else. Ugh, my therapist hates that I wrote that. *Susan: Noun and verb. Unpleasant, annoying, and delusional, the Susan is somebody who is literally awful in every way, is liked by no one, but has no clue, no matter how many open clues you give her. If you roll your eyes at this, you’re probably a Susan. Uses: Susaning, Susanism. For even more on navigating the mystical tornado of life, get the companion coloring book: *My Therapist Says...to Color: Ignore Reality and Color Over 50 Designs Because You Can't Even*.

All Joy and No Fun Jennifer Senior,2014-01-28 Thousands of books have examined the effects of parents on their children. In *All Joy and No Fun*, award-winning journalist Jennifer Senior now asks: what are the effects of children on their parents? In *All Joy and No Fun*, award-winning journalist Jennifer Senior tries to tackle this question, isolating and analyzing the many ways in which children reshape their parents' lives, whether it's their marriages, their jobs, their habits, their hobbies, their friendships, or their internal senses of self. She argues that changes in the last half century have radically altered the roles of today's mothers and fathers, making their mandates at once more complex and far less clear. Recruiting from a wide variety of sources—in history, sociology, economics, psychology, philosophy, and anthropology—she dissects both the timeless strains of parenting and the ones that are brand new, and then brings her research to life in the homes of ordinary parents around the country. The result is an unforgettable series of family portraits, starting with parents of young children and progressing to parents of teens. Through lively and accessible storytelling, Senior follows these mothers and fathers as they wrestle with some of parenthood's deepest vexations—and luxuriate in some of its finest rewards. Meticulously researched yet imbued with emotional intelligence, *All Joy and No Fun* makes us reconsider some of our culture's most basic beliefs about parenthood, all while illuminating the profound ways children deepen and add purpose to our lives. By focusing on parenthood, rather than parenting, the book is original and essential reading for mothers and fathers of today—and tomorrow.

What My Parents Did Right! Gloria Gaither,2010-06-15 You don't have to be a perfect person to be a great parent. In this provocative book you’ll find fascinating stories written by people like John MacArthur, Jr., Kay Arthur, Joni Eareckson Tada, Janette Oke, Gary Smalley, Frank Peretti, and many more. From them you'll learn more than fifty tips to positive parenting—tips you can incorporate in your own family today—principles that will help ensure that you, too, do something right!

The Little Farmhouse in West Virginia Ginny Yurich,2019-05-12 There are so many things to do on a farm. You could head to the barn to play with the kittens or go fishing in the small pond. You could grab a jar to catch fireflies in or swing high on the porch swing. Childhood outdoor adventures are fun to experience and they are fun to read about. Come along on this childhood adventure and imagine spending a summer with your family at a little farmhouse in West Virginia.

Parenting a Dyslexic Child British Dyslexia Association,2021-06-21 Drawing on the expert knowledge and research gathered by the British Dyslexia Association, this is a complete guide to parenting a child with dyslexia. Covering assessment, diagnosis, home and school support, emotional development and more, this empowering book has everything you need to help your child reach their full potential. With accessible guidance

on reading, writing, spelling, organisation and study skills, this book will also help you to build self-belief in your child whilst ensuring that you care for yourself along the way. This book provides clear information on how dyslexia affects children and families at all stages of life, with insights on communicating with schools and ensuring the best support in all environments.

Running on Empty Jonice Webb, 2012-10-01 A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They feel flawed, and blame themselves. Running on Empty will help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

Grown and Flown Lisa Heffernan, Mary Dell Harrington, 2019-09-03 PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

The Conscious Parent Shefali Tsabary, 2015-01-15 Shefali Tsabary's invaluable book shows how the challenges of parenting can become a great opportunity for spiritual awakening.

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