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Good Enough Parenting: An In-Depth Perspective on Meeting Core Emotional Needs and Avoiding Exasperation

John Philip Louis, Karen McDonald Louis

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"Good Enough Parenting" combines principles from schema therapy and the latest research with the Louis' experiences as therapists, community leaders and parents to provide a thorough, practical, easy-to-read and well-reasoned guide. "Good Enough Parenting" introduces "Core Emotional Needs" and explains why meeting them is absolutely crucial for raising emotionally healthy children. Parents will gain insights into their own issues and learn how to avoid "Exasperation Interactions" as well as how to "Repair" after a conflict and Reconnect" with teenagers and adult children.

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