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The 7 Worst Things Good Parents Do

John Friel Ph.D., Linda Friel M.A.

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Psychologists John and Linda Friel have written an enormously readable and infinitely practical book that digs into some of the worst mistakes that parents make, with suggestions on how parents can change immediately. The Friels examine the seven most ineffective and self-defeating behaviors that parents display again and again. Working from the ideas that even small changes can have big results, the authors give parents concrete steps they can take to end the behaviors and improve the quality of their parenting. Whether readers are contemplating starting a family, have children who haven't entered school yet, are struggling with rebellious teenagers, or are empty-nesters wondering how they can be better parents to their grown children, they can't afford not to read this book.

With the same clarity and concrete examples that have sold over 350,000 copies of their books, the Friels offer readers forty years of combined experience as practicing psychologists, and fifty years of combined experience as blended-family parents. This material has been field-tested in the authors' own household, with hundreds of their clients, and with thousands of their workshop and Clearlife Clinic participants. It will cause immediate changes in parents' behavior, and immediate improvement in the lives of their children.

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