



Permission to Parent: How to Raise Your Child with Love and Limits

By MD, Robin Berman

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After being bombarded by parenting fad after parenting fad, moms and dads finally have a friendly, commonsense guide to raising thriving children.

Today, many parents have rejected the dictatorships they resented from their own childhoods. But they overcorrected by turning into child-pleasers. Showering praise and letting kids rule the roost has actually eroded the very self-esteem parents are trying to create.

Using her clinical experience, psychiatrist Robin Berman shows parents how they can take charge while building a loving family with deep connections. How children learn love and respect at home becomes the template for how they show love and respect in life. It's a huge task, but Dr. Berman is your ally every step of the way.

Every parent's struggles are reflected (many of them comically), but so are heartwarming triumphs. Parents, teachers and children themselves recount turning points at which they figured out what great parenting looked like and the magic it unlocked.

This engaging book—a perfect mix of medical research and inspirational anecdotes—just might be the key to being the parent you want to be and the parent your children need.

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Editorial Review

Review

“Robin Berman’s inspiring book is a must-read for all parents. It shows how to nurture with love and respect in order to raise strong, happy, and successful children.” (Dr. Harvey Karp, author, *The Happiest Baby Guide to Great Sleep: Birth to Five*)

“All parents will find themselves in the pages of Dr. Berman’s smart and accessible book.” (Catherine Birndorf, MD, author of “The Nine Rooms of Happiness”, and mental health columnist for *Self Magazine*)

“I have remarked many times that there is no parenting manual that comes with your child when they are born, but I believe Robin Berman, MD has written the first one that should be present in every delivery room. Hallelujah!” (Reese Witherspoon, Academy Award winning Actress)

“Permission to Parent is rich with wisdom, filled with laughter and heartwarming moments that any parent can recognize. Dr. Berman has written the how-to for being the parent we all wish to be.” (Marianne Williamson, New York Times Best Selling Author and Internationally Acclaimed Spiritual Lecturer)

“It may be hard to say ‘no’ to your child... unless you also read a great new book called *Permission to Parent* by psychiatrist Robin Berman. It will help you bring parenting back to the center, where it belongs.” (*Washington Post*)

From the Back Cover

Children used to be seen and not heard. Now they are the center of their parents' universe. We need to find a graceful middle way.

Parents today seem skittish about asserting their parental authority. They indulge children's demands, tantrums, and endless negotiations for fear of hurting their children's feelings. Sadly, this is creating a generation of psychologically fragile kids, and parents are undermining the very self-esteem they are trying so earnestly to build. "Tiger mom," "helicopter parent," "the cool dad"—between these extremes lies a better way to raise thriving, well-adjusted children.

About the Author

Robin Berman, MD, is a psychiatrist and an associate professor at UCLA. She is a certified Reflective Parenting group leader and a Simplicity Parenting group leader. Dr. Berman is a founding board member of the Resnick Neuropsychiatric Hospital at UCLA. She lives in Los Angeles with her husband and children.

Users Review

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The book *Permission to Parent: How to Raise Your Child with Love and Limits* make one feel enjoy for your spare time. You need to use to make your capable far more increase. Book can for being your best friend when you getting stress or having big problem with the subject. If you can make reading a book *Permission to Parent: How to Raise Your Child with Love and Limits* for being your habit, you can get a lot more advantages, like add your capable, increase your knowledge about several or all subjects. You could know everything if you like open up and read a reserve *Permission to Parent: How to Raise Your Child with Love and Limits*. Kinds of book are a lot of. It means that, science guide or encyclopedia or other individuals. So , how do you think about this guide?

Sharon Bufkin:

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Martin Thomas:

That reserve can make you to feel relax. This book *Permission to Parent: How to Raise Your Child with Love and Limits* was colorful and of course has pictures on the website. As we know that book *Permission to Parent: How to Raise Your Child with Love and Limits* has many kinds or variety. Start from kids until young adults. For example *Naruto* or *Private eye Conan* you can read and feel that you are the character on there. Therefore not at all of book are make you bored, any it can make you feel happy, fun and relax. Try to choose the best book to suit your needs and try to like reading in which.

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