

How to Keep Your Kids from Driving You Crazy: A Proven Program for Improving Your Child's Behavior and Regaining Control of Your Family

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Paula Stone Bender

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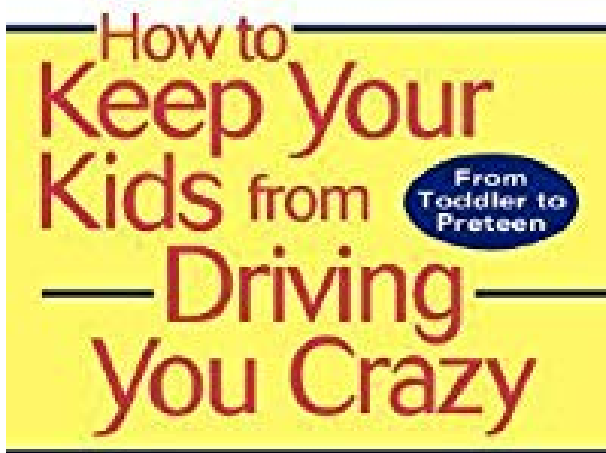
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A Proven Program for Improving
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PAULA STONE BENDER, Ph.D.

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Talking back, not going to bed on time, whining, picky eating, morning dawdling, fighting with siblings--clinical psychologist and mother Paula Stone Bender has spent more than 20 years confronting problems like these head on and perfecting this tested program for breaking kids of the kind of irritating, everyday misbehavior that has parents climbing walls. Setting forth a step-by-step action plan that can be put into practice immediately, she shows how to use rewards and positive reinforcement to stimulate children to behave better. Features stories of real families, with specifics on how they used each step in the program to achieve positive results. Includes checklists, worksheets and charts.