



# The A to Z Guide to Raising Happy, Confident Kids

*Dr. Jenn Berman*

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## **The A to Z Guide to Raising Happy, Confident Kids** Dr. Jenn Berman

Parents no longer have time to read long books about the theories of parenting. What they want are quick pieces of advice geared to their busy lifestyles and immediate needs. Dr. Jenn comes to the rescue with this fun yet useful book that offers 26 short chapters on everything from pets to being a sports parent to healthy relationships to food to keeping your marriage as much fun as it was before the children arrived.

Designed to be browsed or picked up from time to time for specific help, the book provides insight and guidance for any parent but focuses on those with toddlers to third grade. Upbeat, lively, and humorous, this book answers parents' most frequent questions about how to raise a healthy, well-adjusted child. Because every chapter is only a few pages long and can stand on its own, busy parents can read what they need when they need it.

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