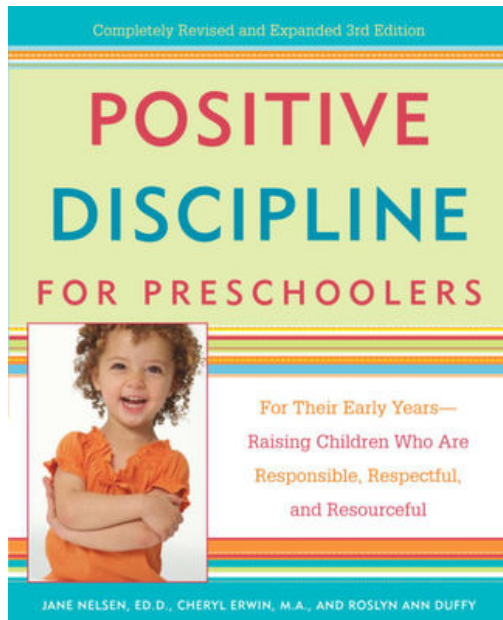


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This revised and updated third edition includes information from the latest research on neurobiology, diet and exercise, gender differences and behavior, the importance of early relationships and parenting, and new approaches to parenting in the age of mass media. In addition, this book offers new information on reducing anxiety and helping children feel safe in troubled times. You'll also find practical solutions for how to:

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- See misbehavior as an opportunity to teach nonpunitive discipline—not punishment
- Instill valuable social skills and positive behavior inside and outside the home by using methods that teach important life skills
- Employ family and class meetings to tackle behavioral challenges
- And much, much more!

From the Trade Paperback edition.

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