



Parents Are People, Too: An Emotional Fitness Program for Parents

Katherine Gordy Levine

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Levine, a professor, psychotherapist, and parent, offers parents a program designed to deal with the guilt, anger, and self-doubt that plague all mothers and fathers. The author acts as a parent's "emotional fitness" trainer, introducing countless strategies for dealing with specific negative feelings and the resulting problems, helping parents to remember that the key to ensuring a child's happiness lies within their own emotional well-being.

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