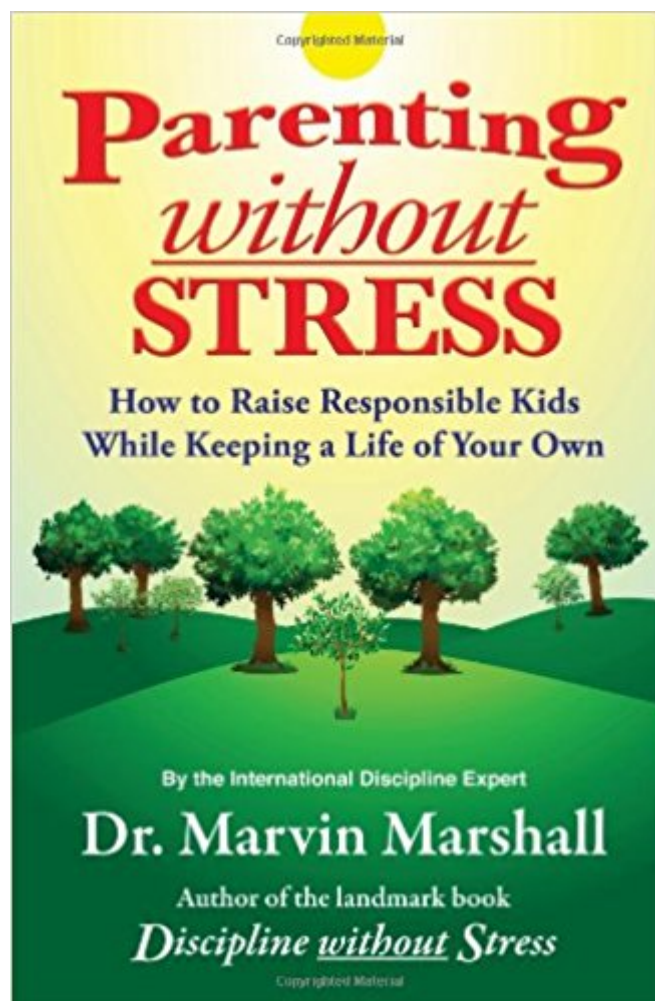




The book was found

# Parenting Without Stress: How To Raise Responsible Kids While Keeping A Life Of Your Own



## Synopsis

This book describes solutions for more effective parenting by using the three proven practices of positivity, choice, and reflection along with the Raise Responsibility System (used in homes around the world) to prompt young people to WANT to behave responsibly without any external or manipulative approaches of rewards, bribes, threats, or punishments. In the process, stress is reduced, relationships are improved, and young people become more responsible.

## Book Information

Hardcover: 288 pages

Publisher: Piper Press; First edition (January 4, 2010)

Language: English

ISBN-10: 0970060661

ISBN-13: 978-0970060662

Product Dimensions: 0.8 x 6.2 x 9.8 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 18 customer reviews

Best Sellers Rank: #228,572 in Books (See Top 100 in Books) #67 in [Books > Parenting & Relationships > Family Relationships > Grandparenting](#) #3222 in [Books > Parenting & Relationships > Parenting](#)

## Customer Reviews

"This book is a guide for parents who want to attain the perfect balance where they can actually have a personal life and still show love for their children. Parenting is naturally stressful, and this book is a top pick for parents who love their children but have their love stressing them out."

Midwest Review of Books "This book is a guide for parents who want to attain the perfect balance where they can actually have a personal life and still show love for their children. Parenting is naturally stressful, and this book is a top pick for parents who love their children but have their love stressing them out." Midwest Review of BooksI was thrilled to read your book. It is full of simple, practical, logical advice to guide children into making more thoughtful choices and for reducing stress. --Donna Rishor, Tucson, ArizonaI was thrilled to read your book. It is full of simple, practical, logical advice to guide children into making more thoughtful choices and for reducing stress.

--Donna Rishor, Tucson, ArizonaMany of the sentences are so good I would like to hang them on the wall. Some ideas seem too easy, but they work. --Lena Lilja Hallnissa, Leksand, SwedenYour parenting book is exactly what every parent desperately needs because it does what other

discipline experts have not done: It retains the authority responsible parents need while creating the respectful relationship parents want. --Bill Page, Author of At-Risk Students, Nashville, Tennessee

--Lena Lilja Hallnissa, Leksand, Sweden I love the book! It makes so much sense! There are so many big aha moments. It is so helpful and has been magic with my daughter. She finally cleaned up her room! The book has made a huge difference in my approach to parenting! -Patricia Richmond, Port Orange, Florida

This book is hands down the most practical and resourceful parenting book I have read. It gives down-to-earth suggestions for fostering stronger and closer bonds while preparing young people to become responsible and caring adults. -Debbie McFadyen, Christchurch, New Zealand

The book is a magic wand for parents to transform young people into responsible adults, without stress on both sides. A must read for every parent! Dr. S. Dawood Shah Vandalur, India

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This book is different from other parenting books in that it assumes parents want to raise responsible kids. The book is entirely devoted to how to do it--without stress, punishments, or rewards for expected standards of behavior.

Brilliant, Brilliant, Brilliant. I cannot say enough for this book. There have been very few times in my life where I've stumbled across something that has made such a huge difference. This book could be called "Positive Child Rearing: Stage II". If you already know the importance of positive child rearing but frequently find yourself scratching your head and wondering, "hmmm. But what do I do in THIS situation???" then this book is your answer. It provides an overarching framework that simply makes complete sense. It takes all the things you already know and turns them into a methodology

that you can use wherever you go. I have shown it to experts in child development and they have been amazed at its wisdom. This book lives up to its title. It allows you to take the stress out of your relationship with your child. There are many important insights in this book, but the one that for me had the biggest impact was the importance of reflection. If you ask a child the right question, the child will often reflect, recognize what he or she should be doing, and will then do it, happily. So often we say "stop that!" or "don't do that!" because... well... because the kid is doing something he or she shouldn't. But simply telling the child what to do often deprives him or her of an opportunity to learn about what is to be avoided and why --- and what to do instead. "Don't pound on that!" may be what you want to say, but if instead you ask, "what do you think will happen if you keep pounding on that?" then the child has a chance to think about it and realize (often quite suddenly) that the thing will break. At that point, you don't need to say anything else. The child (with spectacular frequency) wasn't pounding in order to misbehave (as we might have assumed), but simply hadn't thought through what you and I as adults know so immediately: if you pound on it, it's going to break! Astonishingly, the child is frequently very happy to stop pounding without even being told, once he or she has thought it over and figured out what will happen. Now apply this insight to everything that the child does (not just pounding on something that might break, but any time you think the child should behave differently) and you have a method for dealing with an enormous number of different situations. But how do you come up with good questions? Well, after reading the book and getting a bit of practice, the right questions just start to come out by themselves. I could not recommend this book more strongly for absolutely any parent with absolutely any child. I feel extremely fortunate to have stumbled across it while my child was still young enough for us to benefit from it. (He was seven at the time.)

Great pairing to the Discipline without Stress, Punishments and Rewards. After trying so many things with a challenging, right-brained, strong child, I, thankfully, came upon the original book and, subsequently, bought this one as well. It is logical, practical and child-friendly. My child gets it. Checks herself and moves on to better choices and higher responsibility. I loved the quote in the book that for eons parents, teachers, schools and others always felt they had to DO something to a child to teach them discipline and responsibility. This process does something FOR them...it give them an intrinsic sense of responsibility. Knowing what is right and doing it. That is the ultimate.

Dr. Marshall's approach is a no frills, no gimmicks, respectful, loving approach based on human nature and best motivational practices. The theory and techniques apply to parenting, teaching,

coaching, the workplace, spouses, all people you interact with, really. As a school counselor, it's the first book I recommend to parents. Our school adopted the school-wide discipline plan taken from Discipline Without Stress, and when teachers consistently adhere to the practice and procedures outlined, it makes a HUGE difference. You can even sign up for the FREE monthly newsletter and Q & A data base through Dr. Marshall's website. I highly recommend this book and all materials from Dr. Marshall.

recommended by the kids psychologist... would tell if it gets better at the end but I just couldn't go on with it. Very unrealistic solutions for the every day life. Frustrating just thinking about it.

Great read. I bought the audible edition so I listened to the book on the way to work. The book offers a lot of practical tips and examples to illustrate the concepts presented in it. I prefer it before rewards/punishment behavioral approaches.

Marvin Marshall's parenting strategies are down to earth and can be easily applied in the family environment. I am delighted to have read this book as it has assisted my parenting for the better.

I learned a lot from this book not just in parenting, but also in managing personal relations in general. We're children deep inside, many principals (e.g. positiveness and giving choices) can be used for adults too.

Fantastic book. Gives parents a tool in order to teach their children basic courtesies of life. Transcends gender gaps for a common understanding. As a manager for my job, the questioning techniques enable me to be a more effective leader.

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