



# Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems (Positive Discipline Library)

*Jane Nelsen Ed.D., Lynn Lott, H. Stephen Glenn*

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As a parent, you face one of the most challenging—and rewarding—roles of your life. No matter how much you love your child, there will still be moments filled with anger, frustration, and, at times, desperation.

What do you do? Over the years, millions of parents just like you have come to trust the Positive Discipline series for its consistent, commonsense approach to child rearing. In this completely updated edition of *Positive Discipline A–Z*, you will learn how to use methods to raise a child who is responsible, respectful, and resourceful. You'll find practical solutions to such parenting challenges as:

- Sibling Rivalry
- Bedtime Hassles
- School Problems
- Getting Chores Done
- ADHD · Eating Problems
- Procrastination
- Whining
- Tattling and Lying
- Homework Battles
- And Dozens More!

This newly revised and expanded third edition contains up-to-the-minute information on sleeping through the night, back talk, and lack of motivation as well as tips on diet, exercise, and obesity prevention, and new approaches to parenting in the age of computers and cell phones.

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