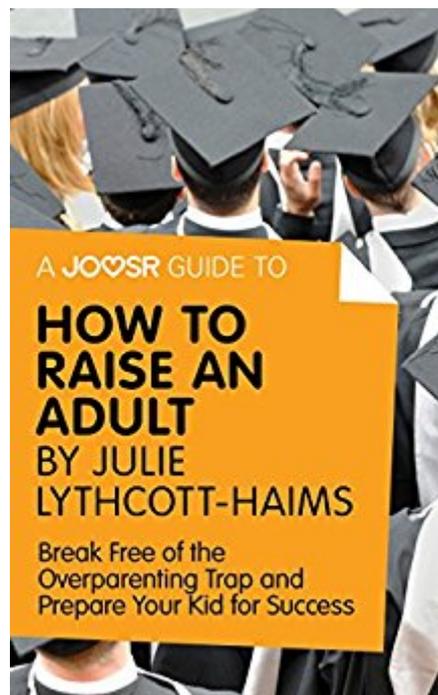


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# A Joosr Guide To... How To Raise An Adult By Julie Lythcott-Haims: Break Free Of The Overparenting Trap And Prepare Your Kid For Success



## Synopsis

In today's fast-paced world, it's tough to find the time to read. But with Joosr guides, you can get the key insights from bestselling non-fiction titles in less than 20 minutes. Whether you want to gain knowledge on the go or find the books you'll love, Joosr's brief and accessible eBook summaries fit into your life. Find out more at [joosr.com](http://joosr.com). Due to an increasingly competitive job market and concurrently strong focus on academic achievement, parents now feel compelled to be involved in their children's lives every step of the way. But where do we draw the line? At what point does parenting become overparenting-and how does this impact upon a child's happiness and potential for success? As parents, we want to give our children the best possible start in life, but our constant handholding is causing them to grow up without the resilience or self-assurance that is needed to make it in the adult world. Fortunately it is never too late to turn this around. Whether your child is a toddler or a young adult, *How To Raise an Adult* offers strategic advice and guidance on how to take a step back so that your child develops the essential skills they need, growing up to be independent, confident, and successful adults. You will learn:Â How to free yourself from the overparenting trapÂ Strategies you can implement to teach your child essential life skillsÂ Why it is so important to make more time for yourself.

## Book Information

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I thought the kindle version would be the actual book, but this was just a very brief overview of the book. I read the whole thing in 20 minutes.

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