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## Worried All the Time Rediscovering the Joy in Parenthood in an Age of Anxiety

By Ph. D. David Anderegg Ph. D.

Free Press. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.4in. x 5.5in. x 0.6in. A much-needed book for parents about themselves. In the tradition of Dr. Benjamin Spock, who in 1946 revolutionized parenting with the famous opening words of his classic child-rearing guide, You know more than you think you know, child and family therapist David Anderegg reminds contemporary parents that parenting is not rocket science. Its not even Chem 101. So why do those of us with children worry so much Whether theyre thinking about school violence or getting a child into the right college, American moms and dads are a pretty worried crowd. Even though most American families are safer and healthier today than at any other time in our history, studies show that parental worrying has, in recent years, reached an all-time high. In Worried All the Time, Dr. Anderegg draws on social science research and his more than twenty years experience as a therapist treating both parents and their children to clarify facts and fantasies about kids lives today and the key issues that preoccupy parents. In the process, he offers a comforting and useful message: Parents are suffering needlessly -- and there are things they...



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