



praise for **WISE-MINDED PARENTING**

"*Wise-Minded Parenting* is such a welcome resource for parents who want to understand what really works to build success in teens. The authors go way beyond the usual parenting tips to describe cutting-edge research on such topics as self-control, academic performance, and mindsets. And they provide simple, down-to-earth strategies. How rewarding to see scientifically-proven practices given to parents where it can do so much good!"

— **Carol S. Dweck, Ph.D.**

Lewis and Virginia Eaton Professor of Psychology, Stanford University, Author, Mindset: How You Can Fulfill Your Potential

"This book is a guideline for how to stay in wise mind with your child—a difficult task indeed. When parenting, staying out of extreme emotion mind is both of the essence and extremely difficult. Thank heaven for this book, which gives step-by-step instructions on how to get into and stay in wise mind."

— **Marsha Linehan, Ph.D.**

Professor of psychology and adjunct professor of psychiatry and behavioral sciences at the University of Washington

"*Wise-Minded Parenting* is one of those rarities in the world of parenting guides: a thoughtful and practical resource that is grounded in the scientific study of child development and parent-child relationships. I recommend it enthusiastically."

— **Laurence Steinberg, Ph.D.**

*Professor of psychology at Temple University
Author, The 10 Basic Principles of Good Parenting and You and Your Adolescent*

"It's very easy as a parent to lose your mind just when you need it the most. This wonderfully thoughtful, wise, and comprehensive guide maps out the latest research and knowledge about what our tweens and teens need to thrive, and, most importantly, offers us much-needed practical strategies for acting and responding more mindfully and effectively throughout this rich and challenging period, helping us to maintain our deep threads of connection with our children as they come to build trust in themselves."

— **Myla and Jon Kabat-Zinn**

Authors, Everyday Blessings: The Inner Work of Mindful Parenting

"This is such an amazingly useful book for parents of teenagers. It gives you realistic dialogue that fails, and the retakes that make these dialogues work. First of all, what defines a great conversation with a teen may surprise many parents. Second of all, Kastner teaches you the specific skills and the general wisdom to guide your teen through adolescence, and stay emotionally connected throughout. This is a great book—a must-read for all parents."

— **John M. Gottman, Ph.D.**

Author, Raising an Emotionally Intelligent Child