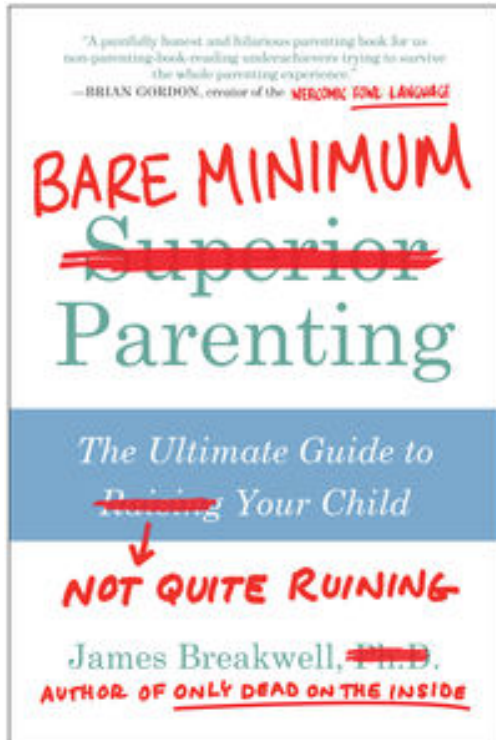


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This isn't even a book about achieving exactly the right amount.

This is a book about doing as little as possible without quite ruining your child.

Overachieving parents want you to believe the harder you work, the better your kid will turn out. That lie ends now.

The truth is most kids end up remarkably unremarkable no matter what you do, so you might as well achieve mediocrity by the easiest possible route. The goal of "bare minimum parenting" is to turn your child into a functional adult with only a fraction of the effort spent by super moms and dads.

If you do it right, your kid will be no better or worse off than their kids, but with more free time left for you. That's more valuable than all the participation trophies in the world.

In Bare Minimum Parenting, amateur parenting expert James Breakwell will teach you to stop worrying and embrace your child's destiny as devastatingly average. To get there, you'll have to overcome your kid, other parents, and yourself, all of whom will push you to do more than is absolutely necessary. Honestly, by reading this far, you're already trying too hard. But don't stop now. You're exactly the kind of person who needs this book.

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