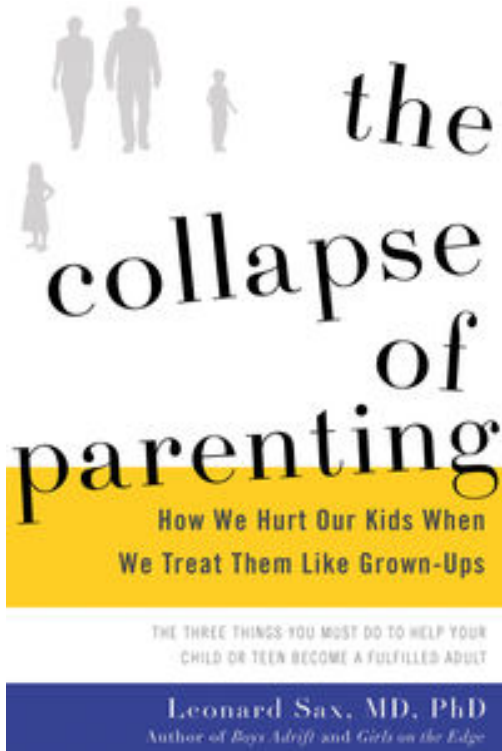


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Download PDF Online Book The Collapse of Parenting Leonard Sax Free eBook PDF/ePub/Mobi, "One of the premier experts on parenting, Dr. Leonard Sax brilliantly articulates the problems parents experience with their children, then gives solutions. If you have time to read only one book this year, read this one." -- Meg Meeker, M.D., best-selling author of *Strong Fathers, Strong Daughters* and *Strong Mothers, Strong Sons*

In *The Collapse of Parenting*, internationally acclaimed author Leonard Sax argues that rising levels of obesity, depression, and anxiety among young people can be traced to parents abdicating their authority. The result is children who have no standard of right and wrong, who lack discipline, and who look to their peers and the Internet for direction. Sax shows how parents must reassert their authority-by limiting time with screens, by encouraging better habits at the dinner table, and by teaching humility and perspective-to help their children thrive in an increasingly complicated world.

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