



## Even June Cleaver Would Forget the Juice Box: Cut Yourself Some Slack (and Raise Great Kids) in the Age of Extreme Parenting

By Ann Dunnewold

HEALTH COMMUNICATIONS, United States, 2007. Paperback. Book Condition: New. 203 x 140 mm. Language: English . Brand New Book. Perfectionism is the arch enemy of mothers everywhere. Dr. Dunnewold gives us a wise and user-friendly book that helps us to say Enough! to non-productive guilty, worry, and self-doubt--and Yes! to the simple ways we can learn to take better care of ourselves and our kids. Harriet Lerner, Ph.D., author of *The Dance of Anger* and *The Mother Dance* A reality check for parents, loaded with sensible advice and useful mantras, this book shows how jumping off the runaway train of Perfect Parenting is not only better for you, but teaches your child valuable lessons about real people living real lives. We re doing a Perfectly Good Job, and we are not alone! Christie Mellor, author of *The Three-Martini Playdate* and *The Three-Martini Family Vacation* Finally, a book for mothers that does not blame or judge, but offers insight, guidance, and a healthy dose of compassion. Andrea J. Buchanan, author of *Mother Shock Your Exit Strategy* from the Pressure Cooker of Perfect Parenting So . . . you missed T-ball tryouts, forgot to buy allergy-free organic snacks for today s playdate,...



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