



How to Keep Your Kids From Driving You Crazy: A Proven Program for Improving Your Child's Behavior and Regaining Control of Your Family

Paula Stone Bender

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When you and your child play the "Behavior Game," everyone wins!

If you're feeling like one more temper tantrum, bedtime battle, or sibling slugfest will put you right over the edge, take heart. Help is at hand. For more than twenty years, clinical psychologist and mother of two Dr. Paula Stone Bender has been helping families discover parenting techniques that produce immediate results.

Dr. Bender's "Behavior Game" is hands-on and extensively tested. It lets you use positive reinforcement to achieve the changes you want. Easy-to-use charts, checklists, and worksheets enable you to tailor the program to meet your family's specific needs. Best of all, your child takes an active role in improving his or her own behavior. Complete with the success stories of real families who used these powerful techniques, this essential guide can help your entire family get along harmoniously the whole day, every day.

"Finally, a practical rule book for parents! Dr. Bender has captured the most tried-and-true research findings and put them into an easy-to-understand guide. She takes the mystery out of being a good parent." -- Mary Arredondo, Ph.D. National School Psychologist of the Year, 1995

"A gem of a parenting guide. In step-by-step fashion, it shows you how to combine love and discipline in a way that accentuates the positive and minimizes the negative in parent-child relationships." -- Thomas F. Babor, Ph.D., M.P.H. Professor and Interim Chairman, Department of Psychiatry University of Connecticut Health Center.

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