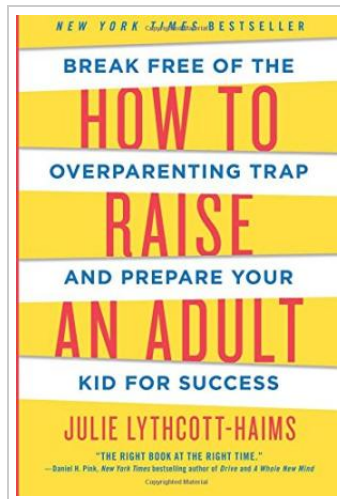




How to Raise an Adult

By Julie Lythcott-haims

Griffin Publishing, United States, 2016. Paperback. Book Condition: New. 210 x 139 mm. Language: English . Brand New Book. Across a decade as Stanford University's dean of freshmen, Julie Lythcott-Haims noticed a startling rise in parental involvement in students' lives. Every year, more parents were exerting control over students' academic work, extracurricular, and career choices, taking matters into their own hands rather than risk their child's failure or disappointment. Meanwhile, Lythcott-Haims encountered increasing numbers of students who, as a result of hyper-attentive parenting, lacked a strong sense of self and were poorly equipped to handle the demands of adult life. In *How to Raise an Adult*, Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student clean to highlight the ways in which overparenting harms children and their stressed-out parents, and our society at large. While empathizing with the parental hopes and, especially, fears that lead to overhelping, Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success. Relevant to parents of toddlers...



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