



**The Everything Parent's Guide to the Strong-  
Willed Child: A positive approach to increase self-  
control, improve communication, and reduce  
conflict (Everything®)**

*Ellen Bowers*

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# The Everything Parent's Guide to the Strong-Willed Child: A positive approach to increase self-control, improve communication, and reduce conflict (Everything®)

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**Set boundaries and eliminate power struggles—without conflict!**

*"I won't go!" "I don't care!" "You can't make me!"*

Every parent hears these words at one time or another, but if you have a strong-willed child, the arguments can seem never-ending. Fortunately, there's hope. *The Everything Parent's Guide to the Strong-Willed Child, 2nd Edition* can help you put a stop to the endless cycle of battles with your child and rebuild a relationship based on love and respect—rather than conflict.

This essential guide shows you how to trade in exhausting and ineffective punishment for techniques that can help you:

- Identify the triggers of combative behaviors
- Understand strong-willed and spirited motivations
- Give your child tools to develop self-control
- Learn how your reaction can lessen—or intensify—strong-willed behaviors
- Communicate more effectively with your child
- Strengthen the family bond and create a safe environment

Featuring a positive approach to discipline and including new ways to compromise and communicate with children, this all-in-one guide has everything you need to raise capable, happy, and agreeable kids!

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