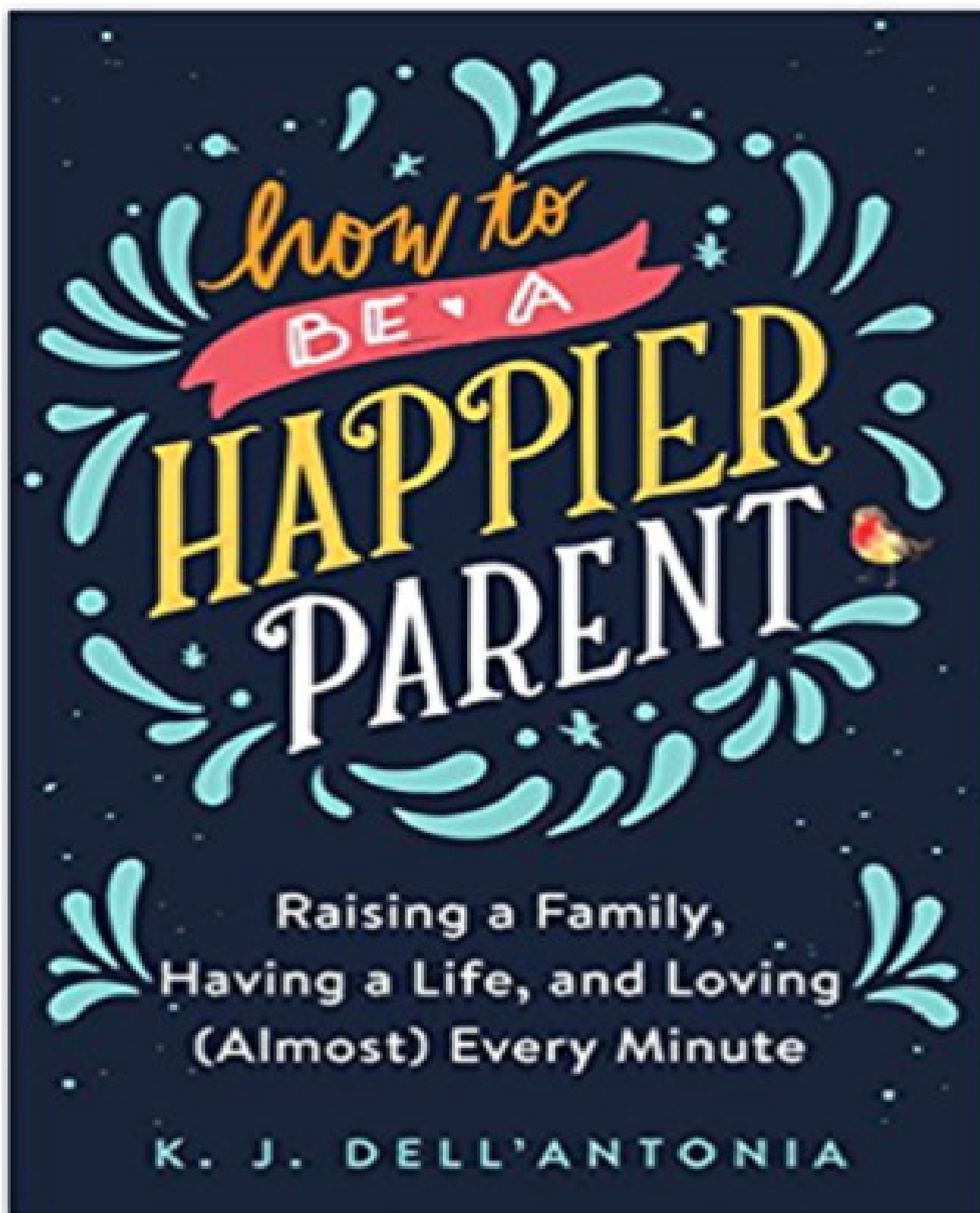


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How to Be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute
by K.J. Dell'Antonia



SYNOPSIS

An encouraging guide to helping parents find more happiness in their day-to-day family life, from the former lead editor of the New York Times Motherlode blog. In all the writing and reporting KJ Dell'Antonia has done on families over the years, one topic keeps coming up again and again: parents crave a greater sense of happiness in their daily lives. In this optimistic, solution-packed book, KJ asks: How can we change our family life so that it is full of the joy we'd always hoped for? Drawing from the latest research and interviews with families, KJ discovers that it's possible to do more by doing less, and make our family life a refuge and pleasure, rather than another stress point in a hectic day. She focuses on nine common problem spots that cause parents the most grief, explores why they are hard, and offers small, doable, sometimes surprising steps you can take to make them better. Whether it's getting everyone out the door on time in the morning or making sure chores and

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