



# **10 Days to a Less Defiant Child, second edition: The Breakthrough Program for Overcoming Your Child's Difficult Behavior**

*Jeffrey Bernstein*

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Occasional clashes between parents and children are not uncommon, but when defiant behavior—including tantrums, resistance to chores, and negativity—becomes chronic, it causes big problems within the family. In *10 Days to a Less Defiant Child*, family and child psychologist Dr. Jeffrey Bernstein shares a groundbreaking ten-day program to help parents understand their child's behavior and regain control of their household.

In this updated edition, parents will learn how to face new challenges, including defiance resulting from excessive technology use (even to the point of addiction) and the stress of modern family life. Dr. Bernstein explains what causes defiance in kids and why it's so destructive to the family, then offers parents a step-by-step guide on how to reduce conflict and end upsetting behaviors.

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A lot of people always spent their particular free time on vacation or perhaps go to the outside with their family or their friend. Were you aware? Many a lot of people spent their free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that is different you can read some sort of book. It is really fun in your case. If you enjoy the book you read you can spend all day every day to reading a publication. The book 10 Days to a Less Defiant Child, second edition: The Breakthrough Program for Overcoming Your Child's Difficult Behavior it is very good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to deliver this book you can buy the e-book. You can more quickly to read this book

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