

# [PDF] Parent Effectiveness Training: The Proven Program For Raising Responsible Children

Thomas Gordon - pdf download free book

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## Books Details:

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Author: Thomas Gordon

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## Description:

**From the Inside Flap** P.E.T., or **Parent Effectiveness Training**, began almost forty years ago as the first national parent-training program to teach parents how to communicate more effectively with kids and offer step-by-step advice to resolving family conflicts so everybody wins. This beloved classic is the most studied, highly praised, and proven parenting program in the world -- and it will work for you. Now revised for the first time since its initial publication, this groundbreaking guide will show you:

How to avoid being a permissive parent

How to listen so kids will talk to you and talk so kids will listen to you

How to teach your children to "own" their problems and to solve them

How to use the "No-Lose" method to resolve conflicts

Using the timeless methods of P.E.T. will have immediate results: less fighting, fewer tantrums and lies, no need for punishment. Whether you have a toddler striking out for independence or a teenager who has already started rebelling, you'll find P.E.T. a compassionate, effective way to instill responsibility and create a nurturing family environment in which your child will thrive.

**About the Author** DR. THOMAS GORDON, a licensed psychologist, was the recipient of the 1999 American Psychological Foundation's Gold Medal Award for Enduring Contribution to Psychology, the 2000 Lifetime Achievement Award from the California State Psychological Association, and the first recipient of the Career Achievement Award from the National Parenting Instructors Association. He has been a consultant to the White House Conference on Children and the White House Fellows. Dr. Gordon is the author of eight books, including *Leader Effectiveness Training* (L.E.T.) and *Teacher Effectiveness Training* (T.E.T.). He works in Solana Beach, California, and has two grown daughters and two grandchildren.

For more information, please visit the Gordon Training International Web site at [www.gordontraining.com](http://www.gordontraining.com).

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