



Breaking the Spell: Understanding Why Kids Do the Very Thing That Drives You Crazy

Steven A. Foreman M.D.

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Kids always provoke parents by doing the very thing that irritates them. Sometimes, when things get bad, you start to think your kids are out to get you while your kids may come to believe you hate them because they are fundamentally bad. Breaking the Spell presents a radical new view of children, not as profit seeking, power hungry opportunists, but as poor scientists who actively poke and prod you to find out how responsible they are for what's making you miserable. Using scores of clinical examples, Dr. Steve Foreman helps parents step out of the cycle of misery and discipline more positively, effectively, and comfortably.

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