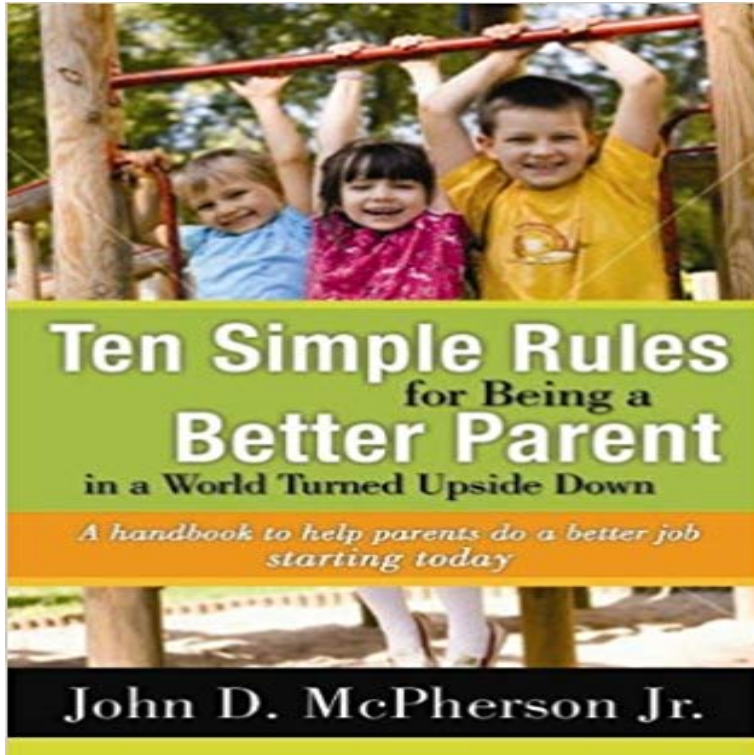


# Ten Simple Rules for Being a Better Parent in a World Turned Upside Down



In today's world we are confronted with children who are rude, overly dependent, spoiled, and in pretty poor shape physically. It hasn't always been that way, but what has changed? Certainly the world has progressed technologically—video games are now in every home, and all children seem to have cell phones permanently affixed to their text-happy hands. Despite the shifts that society has undergone, it is fundamental changes in parenting that have led to the pervasive problems with today's children. In *Ten Simple Rules for Being a Better Parent in a World Turned Upside Down*, author John McPherson argues that when parents improve their parenting, there will be a marked improvement in their children. Too often, parents want to be their children's friend, and what results is an unhealthy degree of laxity with regard to diet, exercise, learning, discipline, and respect. From simply making time for one's children to being consistent to regulating diet and indoor down-time (i.e. video games), McPherson lays out a course for being a better parent. McPherson's ten rules guide parents through the steps of asserting themselves as the boss and of cultivating healthy habits and values in their children, all while fostering a great parent-child relationship in which the children know they are their parents' first priority. By taking positive action now, parents can ensure their children's smooth transition into successful, healthy, and well-adjusted adults.

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