

When parents struggle with a child who is challenging, oppositional, reactive, and demanding, they often feel at a loss as to how to manage and where to turn for guidance. Offering the same support and honest advice he gives in his practice, Dr. Selznick uses plain, down-to-earth language to give parents practical tools and clear methods for dealing with the everyday struggles that come with parenting challenging kids. Reading this book is like sitting down for a cup of coffee with a friend who's been there. Dr. Selznick has a way of teaching without criticizing, and giving parents hope without sugar-coating the issues.

Dr. Selznick speaks to parents in down-to-earth terms regarding the challenges they face with their children. Recognizing that children's issues are not easily solved, Dr. Selznick offers a hand-holding manuscript for parents. The book is an important tool for parents. In our household, the model turning conversations into a "choice" was very successful. My wife and I adapted our language from a behavior-repercussion framework to putting the choices in front of our five-year-old son and then putting the ball in his court. I think this gave him a feeling of control that made him much easier to deal with and to behave better.

—Anthony Mazzarelli, MD, JD, MBE, Co-President/Chief Executive Officer, Cooper University Health Care

Love it! Dr. Selznick has such a wonderful way of speaking to parents – theory but from the heart. His ideas are solid, wise, practical, and sound. I kept smiling! This is the psychologist every parent (and child) should go to. Empathy! Humor!! And great advice. Adored The PPSA (Proactive-Preventive-Strategic Approach) and the 10 steps. Put them on a poster!

—Michele Borba, Ed.D., author of *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine*

Dr. Selznick does it again! If you've read his blogs, you probably know his style, but this book is a wonderful commentary on parenting across the ages as much as it is a "how to" and "how not to" book about parenting. Using fun phrases like 'meltdowny,' "The Hey Bud" parenting style, and "Frustration Intolerance Disorder (FID)," Dr. Selznick has a conversation with the reader about the role of anger, the need for kids to seek pleasure, the real deal about self-esteem in kids, and the skill of parenting. A quick and effective read, this book is highly recommended!

—Dr. Sarah Levin Allen, Pediatric Neuropsychologist and author of *Raising Brains*

Dr. Richard Selznick is a psychologist, nationally certified school psychologist, assistant professor of pediatrics, school consultant, Wilson Certified Dyslexia instructor, and Certified Dyslexia Advocate. He is the Director of the Cooper Learning Center, a division of the Department of Psychiatry at Cooper University Healthcare. *Beyond the Power Struggle* is his sixth book.

SENTIENT PUBLICATIONS
Parenting



BEYOND THE POWER STRUGGLE

RICHARD SELZNICK, PhD



BEYOND THE POWER STRUGGLE

A GUIDE FOR PARENTS OF CHALLENGING KIDS

RICHARD SELZNICK, PhD