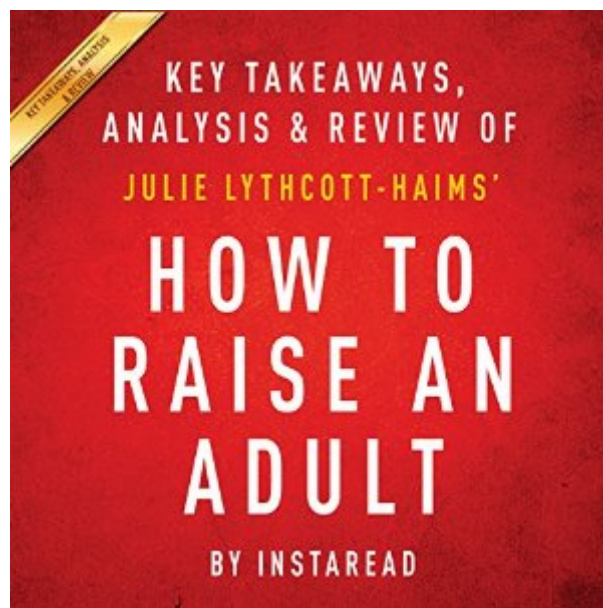


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# How To Raise An Adult: Break Free Of The Overparenting Trap And Prepare Your Kid For Success, By Julie Lythcott-Haims: Key Takeaways, Analysis & Review



## Synopsis

How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success is a book of parenting advice. The author, Julie Lythcott-Haims, is a former freshman dean at Stanford University and the mother of two teenagers.... Please note: This is key takeaways, analysis, and review of the book, not the original book. Inside this Instaread key takeaways, analysis, and review of How to Raise an Adult: Overview of the book Important people Key takeaways Analysis of key takeaways About the author: With Instaread, you can get the key takeaways, analysis, and review of a book in 15 minutes. We read every chapter, summarize, and analyze it for your convenience.

## Book Information

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## Customer Reviews

This is the first time I've seen an Instaread. Since the book is very dense, I thought this might be a condensed version, but it was just a barebones outline with less content than in magazine articles and blog posts on the book.

How to Raise an Adult is one of those books that every parent should read. We all want what is best for our children but we all (myself included) hate being told how to parent. This book does not patronise and instead provides clear and practical advice on raising your child. This book is about the long term, it is about helping your children follow the best path in life and not being either too overbearing or too laid back. You can over parent as well as under parent and both can be equally damaging. Summary Station has provided a book that helps you find that happy medium and really improve your relationship with your children. Overall a highly recommended book for any parents or

parents to be.

I received this summary of Juliet Lythcott-Haims "How to Raise an Adult" in exchange for a review. This summary lists 9 key takeaways of the original book. As a young parent of two girls, I love reading parenting books. I want my children to be happy and to feel confident in themselves. This book gives great advice on how we can raise responsible children by letting them learn from their failures instead of constantly rescuing them. Being a parent is a busy full-time job, so I was glad there was a condensed version of this book for me to read. Thanks Instaread!

I am the mother of two teenagers and I found this overview of "How To Raise an Adult" very interesting. I'm a full time working mom & I didn't know if this book was something that I would want to take the time to read, but after reading this Instaread, I am quite interested. The Instaread offers a summary with key takeaways as well as an analysis of the book. It is well written and shares some generalizations on the book content without giving away spoilers. It took less than 15 minutes to read. The Key Points were not only interesting, but they were applicable to me and my parenting. There have been times when I have had to step back and not over- parent my children. After reading this, I do feel that I am halfway on the path to raising adults, but there is room for improvement of my parenting style.\*I received this Instaread for free for the purpose of trying out & reviewing. My thoughts & opinions are my own.

I have five children, only one of whom has chosen to go to college. I began my college experience at age 78. I have been able to observe many of the phenomena the author speaks of, and I am troubled when I hear a student say something about needing to get an A "or my mother will kill me". As a Mormon, I have the opportunity to see large numbers of young people do their growing up by stepping away from college for a couple of years and serving a full time mission. Many of them leave as children, and return as well formed adults. This book addresses the ideas that help parents to be more responsible in allowing their kids to grow up and become responsible adults themselves. I received this product free of charge, in exchange for my honest review.

Are you guilty of doing everything for your child AKA over parenting OR are you raising your kids to be independent adults? If you can answer "Yes" to the first part of the question then this book may well be for you! There are 9 Key Takeaways in this Instaread summary (think DETAILED review) all of which are excellent. Hard to choose two to whet your appetite but here goes:>> #4 - "Children

learn through failure, responsibility, and mastery. When parents do everything for their children, they deny children the upside of failure and the ability to develop grit.">> #6 - "Children who are overparented are completely unprepared for the challenges and responsibilities of the job market and living alone. Parents need to teach independence." Why are Baby Boomers over-parenting the millennial generation? Is the world really as unsafe as the media etc. makes it out to be? Kids need time to play alone and unscheduled play. They also need to experience failure to learn from it. Author's style is described as "easy to comprehend" - an interesting read. Important to note that this is only a summary and NOT the original book. This Instaread summary gives you a good insight into the original book which is great for those who have already read the original and need a refresh. Maybe you do not have time to read the original but need to know what the book is about? Then this is good for you also. Please note that my review is based on the quality of this Instaread review and NOT the original book. Book provided in exchange for an honest review. Thanks, Liz

How to Raise an Adult by Julie Lythcott-Hains/Key Takeaways, Analysis & Review by Instaread is an excellent summary of the book written by Lythcott-Hains, who was dean of freshmen at Stanford and is the mother of two teens. The author gives sound parenting advice aimed at helping parents do a better job of preparing children for success without overparenting, a problem associated with Boomer generation parents. Using her personal experiences and advice from experts in the field, she maintains that the two main parenting styles; authoritarian (the Tiger Mom) or permissive (common to many of the Boomer generation), do not lead to successful adults. In fact, either style of parenting, the author believes, leads to frustrated kids who enter adulthood without the skills needed to stand on their own. The key to successful parenting is allowing children to grow and learn through developing necessary skills in childhood, and not doing everything for them, or putting unreasonable demands on them. An excellent overview of a book that should be read by every parent, or by anyone about to become a parent.

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