



GIST: The Essence of Raising Life-Ready Kids

Michael W Anderson LP, Timothy D Johanson MD

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Gist is a powerful book that reviews and examines what the journey to adulthood entails, along with a clear look at those parenting efforts that have proven not to work over the years. "Many hours and much emotional energy are spent in parenting strategies where nothing positive is produced."

Gist is a fascinating look at many aspects of life that wouldn't typically be associated with parenting. But, the result is a new way to think about parenting that is effective, efficient, and enjoyable. The book's focus on life-readiness offers parents a new lens through which to see their parenting interactions and translates to an approach that eliminates many of the power struggles and ineffective patterns that can rob families of much of their joy.

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