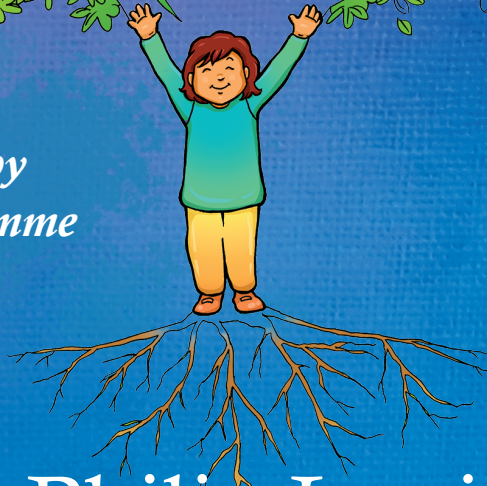


GOOD

PARENTING

enough

*A Schema Therapy
Parenting Programme*



Dr John Philip Louis
.....and.....
Karen McDonald Louis

Second Edition

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A Schema Therapy Parenting Programme

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Website: <http://www.gep.sg>

Email: johnlouis@louiscts.com

Good Enough Parenting: A Schema Therapy Parenting Programme

Authors: Dr John Philip Louis & Karen McDonald Louis

Chief Illustrator: Sher Lee Wee

Assisted by: Tan Beng Hwa

ISBN 978-981-14-4755-6

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Good Enough Parenting is the only book that:

- **Trains** parents across cultures how to meet children’s 4 core emotional needs, which determine their lifelong patterns of thinking, feeling, and acting (schemas)
- **Identifies** the 10 Exasperation Interactions, associated with negative schemas and childhood behavioural problems
- **Focuses** equally on the 7 Nurturing Interactions, associated with positive schemas and a myriad of desired outcomes
- **Helps** parents gain self-awareness about their own schemas
- **Guides** parents, teens and adult children in the “Repair and Reconnect” process.

*“In a world of too much information, **Good Enough Parenting** teaches parents how to meet core emotional needs, and, at the same time, how to avoid passing down their own dysfunctional behaviors. Schema Therapy has been successful with adults, but I have always wanted to see someone do something on preventing negative schemas in children, and here it is!”*

—Dr Jeffrey Young, Founder of Schema Therapy; Department of Psychiatry, Columbia University; International bestselling author, *Reinventing Your Life*

*“**Good Enough Parenting** is a masterpiece that bucks the trend of superficial self-help books by providing a work of real depth. It is a must-read, not for just new and existing parents, but also for anyone who has been parented.”*

—Professor Alex Wood, Centennial Chair, Department of Psychological and Behavioural Science, London School of Economics and Political Science; Editor, *Wiley Handbook of Positive Clinical Psychology*

*“Grounded in rigorous research, **Good Enough Parenting** offers pragmatic know-how for communication between parents and children. As a mother, I found the tips easy to follow and beneficial in guiding interactions with my child. It’s a gem, especially for busy parents who need to make every second with their children count.”*

—Dr Natalie Pang, Senior Lecturer, Communications and New Media Department, Faculty of Arts and Social Sciences, National University of Singapore

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