



# Transforming the Difficult Child: The Nurtured Heart Approach

*By Howard Glasser, Jennifer Easley*

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Transforming the Difficult Child brings to life a new way of shifting intense children to a solid life of success. The Nurtured Heart Approach puts a refreshing spin on both parenting and teaching and reveals new techniques and strategies that create thoroughly positive behaviors. This is the newly updated 2008 revision.

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## **Transforming the Difficult Child: The Nurtured Heart Approach** By Howard Glasser, Jennifer Easley **Bibliography**

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## **Editorial Review**

### **Review**

After applying these strategies for less than a month, my difficult teenage daughter is incredible. --Parent.  
Everything we tried in the past was making the situation worse. Now our intense child is intensely wonderful without medications. --Parent/Educator. This is absolutely the most worthwhile information I have ever learned. My hyperactive child is now my amazing child. --Parent/Therapist

I have read dozens of books, tried dozens of programs with no change in my child's behavior what so ever. This book has changed our lives! We started implementing the steps and the very first day we saw a change in our child. Life has become pleasant and peaceful without any compromises. Our child is helpful, considerate and no longer talks back. He does his chores before we ask him and his room has stayed clean for three weeks without any nagging!!!! I highly recommend this book to anyone with a difficult child! --Parent/Educator

Like many of my peers, I too want to do the best possible job raising my children. The desire to be respectful and supportive does not always involve consistent discipline, but it should! Anyone with a sensitive, loving child can benefit from this book. Any parent who feels like they have tried every trick in the book to promote good behavior in their children, but can't seem to gain compliance in their kids, will benefit from this book. I was recommended this book by our psychologist, whom we have been seeing because I ran out of coping strategies for dealing with my very sensitive, very smart, and very compliant child who seemed addicted to PUSHING MY BUTTONS!! Turns out, the very emotional responses I had to my child's poor behaviors, was promoting the very things I was trying to;punish away; Time outs escalated into screaming matches and made me feel like a drill Sargent, not very productive, and definitely not respectful or supportive! Transforming the Difficult Child has opened my eyes to; accentuate the positive; and;down play the negative; In short, shifting all of my aggravated tirades into positive reinforcement of GOOD behaviors. Within two weeks of implementing this style of attention, my 5 year old was more relaxed, more cheerful, more agreeable and happier than I had ever seen him. In turn, he was also less anxious, stopped a nervous habit of lip licking that had been with him for two years, and lots of chapped skin! He now knows that he is good MOST of the time, and only bad once in a while. I was failing to acknowledge his good behavior, because that is what we think of as; expected; but He was feeling as if he was always bad, because our energy was always spent on correcting bad behaviors. Please read this book if you recognize any of the above story, or if you know someone who is in constant power struggles with their children. This book has a simple, gentle, loving and supportive plan of action that will change your Family for the better, even if your child isn't difficult. After all, we all want someone to acknowledge our good behaviors, who better to do it than your parent!! --Parent

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From the Publisher

Comments from Readers

"We had lost hope. This approach has saved our family. We were spinning our wheels. Everything we tried in the past was making the problems worse. Now our intense child is intensely wonderful...without medications."

"My child was diagnosed with ADHD. I thought it was a death sentence. We couldn't go an hour without an argument or some horrendous incident. Now I know peace and pleasure for the first time in many years."

"This is absolutely the most worthwhile information I have ever learned. My hyperactive child is now my amazing child."

"Our child was in therapy for years. The more she got in touch with her feelings, the more she seemed to take her anger out on us. It's hard to believe, but after applying these strategies for less than a month, my difficult daughter is now a cooperative and pleasant young person."

About the Author

Howard Glasser is the founder of Children's Success Foundation and creator of the Nurtured Heart Approach, which is being used in hundreds of thousands of homes and classrooms around the world. He is author of Transforming the Difficult Child, currently the top-selling book on the topic of ADHD; The Inner Wealth Initiative, one of the leading books on school interventions and his most recent book, YOU Are Oprah - Igniting the Fires of Greatness. Four of his seven books are in the top 1% of all books on Amazon.com. Howard has been a featured guest on CNN and a consultant for 48 Hours. His work is being successfully applied to programs with Meth addicts to the Military - from Marital Counseling to Mentoring programs - from Headstarts to High schools, from Treatment programs to Eldercare and from Foster care programs to programs fostering inner wealth in infants and toddlers. He is proudest of the fact that he is responsible for keeping more children off of psychiatric medications than perhaps any other living person. He and his wonderful daughter who has painted 4 of his book covers, live in Tucson, Arizona.

## **Users Review**

### **From reader reviews:**

#### **Sheila Carter:**

This Transforming the Difficult Child: The Nurtured Heart Approach book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is information inside this reserve incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This particular Transforming the Difficult Child: The Nurtured Heart Approach without we realize teach the one who reading through it become critical in considering and analyzing. Don't end up being worry Transforming the Difficult Child: The Nurtured Heart Approach can bring whenever you are and not make your tote space or bookshelves' turn into full because you can have it with your lovely laptop even telephone. This Transforming the Difficult Child: The Nurtured Heart Approach having excellent arrangement in word in addition to layout, so you will not sense uninterested in reading.

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#### **Jesse Eriksen:**

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