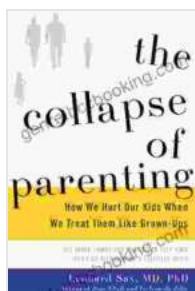


# The Collapse of Parenting

## How We've Lost Our Way and What We Can Do to Find It Again

In her groundbreaking book, *The Collapse of Parenting*, Liana Lowenstein offers a stark look at the crisis facing parents today. Drawing on decades of research and her own experience as a parent, Lowenstein argues that we have lost our way when it comes to raising our children. We have become too focused on achievement and perfection, and we have forgotten the importance of connection, play, and empathy.



### The Collapse of Parenting: How We Hurt Our Kids When We Treat Them Like Grown-Ups by Leonard Sax

★★★★☆ 4.7 out of 5

Language	: English
File size	: 4309 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 259 pages



The result is a generation of children who are anxious, depressed, and disconnected. They are struggling to cope with the pressures of modern life, and they are not getting the support they need from their parents.

Lowenstein's book is a wake-up call for parents. She shows us how we can rebuild strong, healthy families by focusing on the following principles:

1. **Connection:** Children need to feel loved and connected to their parents. They need to know that their parents are there for them, no matter what.
2. **Play:** Play is essential for children's development. It helps them learn, socialize, and develop their creativity.
3. **Empathy:** Children need to learn to understand and empathize with others. This helps them build strong relationships and become caring adults.
4. **Limits:** Children need limits to help them learn self-control and responsibility. However, limits should be set with love and respect.
5. **Structure:** Children need structure in their lives to feel safe and secure. This includes regular routines, meals, and bedtimes.

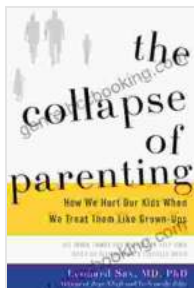
The Collapse of Parenting is a must-read for all parents. It is a powerful indictment of the way we are raising our children, and it offers practical solutions for rebuilding strong, healthy families.

### **About the Author**

Liana Lowenstein is a writer, speaker, and parenting expert. She is the author of several books on parenting, including *The Conflict Cure* and *The Essential Guide to Raising a Strong-Willed Child*. Lowenstein has appeared on numerous television and radio shows, and her work has been featured in publications such as *The New York Times*, *The Wall Street Journal*, and *Parents* magazine.

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