



# **Parenting Without Stress: How to Raise Responsible Kids While Keeping a Life of Your Own**

*Marvin Marshall*

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# Parenting Without Stress: How to Raise Responsible Kids While Keeping a Life of Your Own

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This book describes solutions for more effective parenting by using the three proven practices of positivity, choice, and reflection along with the *Raise Responsibility System* (used in homes around the world) to prompt young people to WANT to behave responsibly without any external or manipulative approaches of rewards, bribes, threats, or punishments. In the process, stress is reduced, relationships are improved, and young people become more responsible.



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