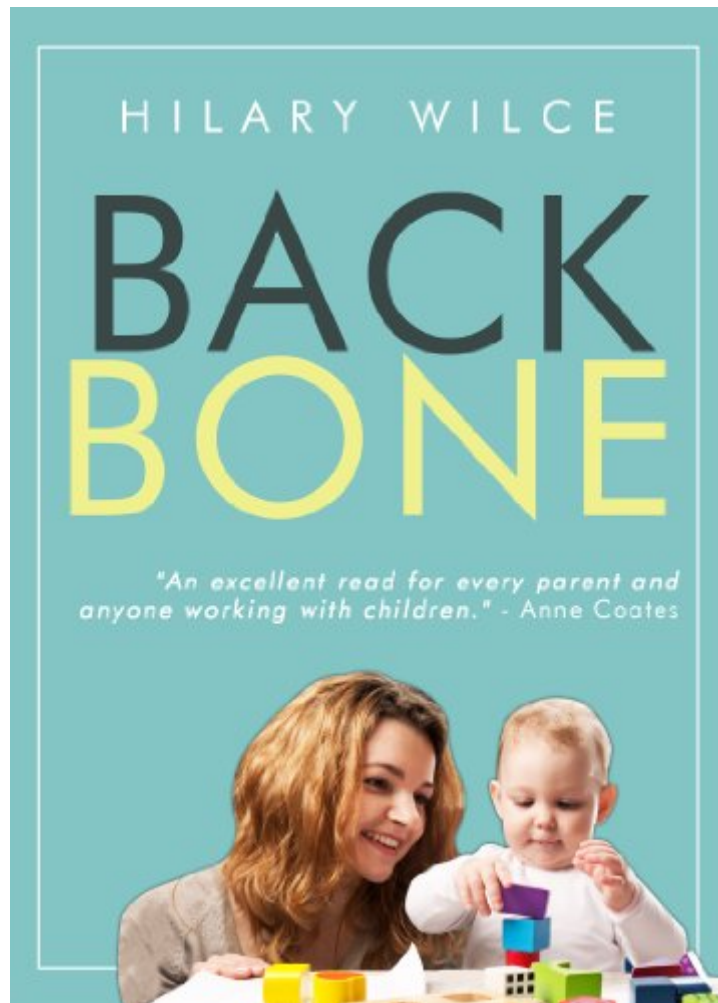


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# Backbone: How To Build The Character Your Child Needs To Succeed



## Synopsis

Every parents wants their child to be happy and to do well when they grow up. But what are the qualities they need to make a success of their lives? How can you encourage kindness in your children? And resilience and honesty? And why is having a backbone important for the healthy development of your child? From babies to teenagers, 'Backbone: How To Build The Character Your Child Needs To Succeed' shows parents the essential steps they need to take. Hilary Wilce describes the six key qualities that every child needs to live a fulfilled and successful life – and shows how every parent can build them in their child. She outlines the research that shows why without a strong and flexible backbone even the highest-achieving child is likely to falter and fail. 'Backbone' is the single, invaluable guide that every parent needs to read in order to help build a successful life for their child. Hilary Wilce is a former senior editor on The Times Educational Supplement and former education writer and columnist with The Independent. She has written about education for numerous publications, including Good Housekeeping and Mother & Baby Magazine. As well as a writer, she is a personal development coach, working with parents and executives. Praise for Backbone. "An excellent read for every parent and anyone working with children." Anne Coates, author of the Parenting Without Tears Series – Putting the backbone back into our children – spot on! Why real character trumps self-esteem™, happiness™ and cleverness™ every time. Wise, well-chosen words to help us create an emotionally healthy future generation. • Oliver James, psychologist and author of 'Affluenza, Britain on the Couch', and 'How Not To F\*ck Them Up'. – Backbone is a very different sort of child-rearing manual, combining timeless character traits with up-to-date research. It's packed with readable, practical advice that will appeal to fathers as much as mothers. • Sue Palmer, former school head and author of Toxic Childhood, 21st Century Boys and 21st Century Girls. Hilary Wilce is a former senior editor on The Times Educational Supplement and former education writer and columnist with The Independent. She has written about education for numerous publications, including Good Housekeeping and Mother & Baby Magazine. As well as a writer, she is a personal development coach, working with parents and executives. Endeavour Press is the UK's leading independent publisher of digital books.

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## Customer Reviews

This book is really wonderful, the advice is down to earth but at the same time runs deep. It is interesting to note that many of the conclusions regarding how children develop better and thrive as adults were pointed out more than a hundred years ago by Maria Montessori.

Children need to build characteristics that will help them succeed in life, and parents need to know how to facilitate. This book provides exactly that. Coming from an obvious professional who knows her subject well. Well written and the subject described in easily understandable terms. I recommend all parent read it.

I've just finished this book and found it to be full of invaluable advice. The idea that building 'backbone' (character, self discipline, resourcefulness, self reliance etc) in children will help them lead happier, healthier and more successful lives seems increasingly relevant in an age of pressurized competitive parenting and growing childhood anxiety. It made me re-evaluate how I raise my children and is an absolute must read for any parent.

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