



# Children Are from Heaven: Positive Parenting Skills for Raising Cooperative, Confident, and Compassionate Children

By John Gray

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This brilliantly original and practical system for parenting children is the brainchild of John Gray, whose Men Are from Mars, Women Are from Venus books and seminars have helped millions of adults communicate more effectively and lovingly with each other. Based on this idea that children respond better to positive rather than negative reinforcement, the Children Are from Heaven program concentrates on rewarding, not punishing, children and fostering their innate desire to please their parents.

Central to this approach are the five positive messages your children need to learn again and again:

It's okay to be different.

It's okay to make mistakes.

It's okay to express negative emotions.

It's okay to want more.

It's okay to say no, but remember Mom and Dad are the bosses.

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### Editorial Review

#### Amazon.com Review

Psychologist John Gray (he of *Men Are from Mars... fame*) cites a need to shift from "fear-based parenting" (a punitive and oppressive approach to child rearing) to "love-based parenting" (which accepts children's desires and negative emotions while still setting reasonable limits). With child and teen violence increasing, rampant low self-esteem, substance abuse, teen pregnancy, and attention deficit disorder, he says, "the Western free world is experiencing a crisis in parenting. Almost all parents today are questioning both the old and the new ways of parenting. Nothing seems to be working."

He suggests "Five Messages of Positive Parenting" that will facilitate such a shift:

1. It's okay to be different.
2. It's okay to make mistakes.
3. It's okay to express negative emotions.
4. It's okay to want more.
5. It's okay to say no, but remember mom and dad are the bosses.

Although his parenting philosophy is not necessarily revolutionary (think "positive discipline"), Gray manages to keep this parenting primer contemporary by weaving in specific challenges of new-millennium families--such as our tendency to be consumer-driven and overscheduled. "When parents learn what their children really need, they are less motivated to create money to acquire things and more motivated to create time to enjoy their family," Gray writes. "The greatest wealth for a parent today is time." --*Gail Hudson*

#### From Publishers Weekly

"All children are born innocent and good," asserts Gray, author of *Men Are from Mars, Women Are from Venus*. Getting them to cooperate is merely a matter of arousing their natural desire to please their parents, without breaking their fragile will in the process. Five skills of positive parenting induce cooperation, supported by their five underlying messages, one of which is the author's mantra: "It's o.k. to say no, but remember Mom and Dad are the bosses." In a synthesis of old-fashioned authoritarianism and modern psychological sensitivity ("soft love"), parents are urged to view a child's resistance as natural and healthy, and to listen, empathize and finally assert their authority firmly and unemotionally. If this approach sounds unrealistic, it certainly feels right in the context of Gray's penetrating (and often historically minded) psychological explanations. In the hypnotic style of a therapist, Gray gradually replaces parental advice with empathy, and an emphasis on obedience with an emphasis on cooperation, supplying a new repertoire of one-liners and age-, gender- and temperament-specific suggestions along the way. While placing the entire responsibility for children's behavior on their parents' shoulders, this book essentially simplifies the business of parenting in order to enable children to grow into their strongest, most responsible selves. (Oct.)  
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#### About the Author

John Gray, Ph.D., is one of the world's leading relationship experts, and an authority on improving communication styles for couples, companies, and communities. His many books have sold more than fifty million copies in fifty different languages worldwide. John lives with his wife and children in northern California.

## **Users Review**

### **From reader reviews:**

#### **Florence Croy:**

Have you spare time for a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their spare time to take a walk, shopping, or went to the Mall. How about open or perhaps read a book entitled Children Are from Heaven: Positive Parenting Skills for Raising Cooperative, Confident, and Compassionate Children? Maybe it is being best activity for you. You already know beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with their opinion or you have other opinion?

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