



# Raising an Adult: The 4 Critical Habits to Prepare Your Child for Life!

*Ph.D. Mark L. Brenner MFT*

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**Raising an Adult: The 4 Critical Habits to Prepare Your Child for Life!** Ph.D. Mark L. Brenner MFT  
Raising an Adult is the blueprint every parent has been waiting for. This entire book is based on one single axiom: If you change the parent's reaction, you change the child's behavior. In Mark L. Brenner's new breakthrough book, he has reduced the most important parent-child communications to a critical four. Imagine, only four communication habits applied consistently, and you can prevent all serious relationship issues between parent and child. This book is a wake-up call for reminding parents to take a long-term view and abandon popular, quick-fix psychological solutions. After reading Raising an Adult, you will shift from a mindset of what you think works best at any given moment, to an unalterable established philosophy of what all children need to thrive, whether they are experiencing difficulty or happily sailing through a developmental stage. Mark L. Brenner reveals the four critical communication habits that every parent must master: 1) acknowledge the moment, 2) speak with respect, 3) enforce limits, 4) show and unrelenting, deep belief in your child. Applied consistently, these four critical habits will reach the deepest parts of your child's potential, making him feel: I like who I'm becoming. Raising an Adult delivers the specific words and actions to bring children up emotionally fit and morally strong. After all, we are not raising children, we are raising adults.

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