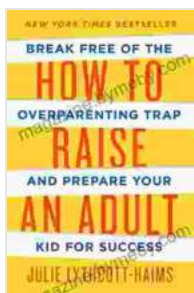


How to Raise an Adult: A Revolutionary Guide to Helping Your Child Succeed in College, Career, and Life

In today's rapidly changing world, it's more important than ever to raise children who are self-reliant, responsible, and adaptable. But how do you do that? How do you help your child develop the skills they need to succeed in college, career, and life?

The answer is to raise an adult. That's what Julie Lythcott-Haims argues in her groundbreaking book, *How to Raise an Adult*. Lythcott-Haims, a former dean of freshmen at Stanford University, has seen firsthand the challenges that today's young people face. She knows that they need more than just good grades and test scores to succeed. They need to be able to think for themselves, make decisions, and solve problems. They need to be able to handle adversity and setbacks. And they need to be able to take care of themselves, both physically and emotionally.



How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success by Julie Lythcott-Haims

★★★★☆ 4.6 out of 5

Language : English
File size : 2210 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 370 pages



Lythcott-Haims offers a practical and inspiring guide to raising an adult. She shares her insights on how to:

- Teach your child to be independent and self-reliant
- Help your child develop critical thinking skills
- Encourage your child to take risks and learn from their mistakes
- Support your child through adversity and setbacks
- Prepare your child for the challenges of college, career, and life

How to Raise an Adult is not a parenting book in the traditional sense. It's not about how to get your child into the best college or how to get them a high-paying job. It's about how to help your child become a happy, healthy, and successful adult. If you want to raise a child who is prepared for the challenges of the 21st century, this is the book for you.

Praise for *How to Raise an Adult*

"Julie Lythcott-Haims has written a brilliant book that should be required reading for all parents. She offers a clear-eyed and compassionate guide to raising children who are independent, self-reliant, and resilient. This book is a must-read for anyone who wants to help their child succeed in college, career, and life."

—**Adam Grant**, author of *Give and Take* and *Originals*

"*How to Raise an Adult* is a game-changer. Lythcott-Haims provides a roadmap for raising children who are capable, confident, and ready to take on the world. This book is essential reading for any parent who wants to help their child reach their full potential."

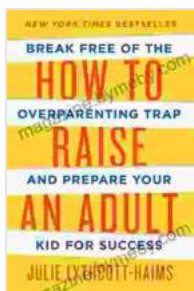
—**Susan Cain**, author of *Quiet*

"Lythcott-Haims has written a masterpiece. *How to Raise an Adult* is a must-read for any parent who wants to raise a happy, healthy, and successful child. This book is full of practical advice and insights that will help you navigate the challenges of parenting in the 21st century."

—**Angela Duckworth**, author of *Grit*

About the Author

Julie Lythcott-Haims is the former dean of freshmen at Stanford University. She is the author of *How to Raise an Adult: A Revolutionary Guide to Helping Your Child Succeed in College, Career, and Life*. Lythcott-Haims has written extensively about the challenges facing today's young people and the role that parents can play in helping them succeed. Her work has been featured in *The New York Times*, *The Wall Street Journal*, and *The Washington Post*.



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