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Hold On to Your Kids: Why Parents Need to Matter More Than Peers

Gordon Neufeld, Gabor Mate M.D.

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International authority on child development Gordon Neufeld, Ph.D., joins forces with bestselling author Gabor Maté, M.D., to tackle one of the most disturbing trends of our time: Children today looking to their peers for direction—their values, identity, and codes of behavior. This “peer orientation” undermines family cohesion, interferes with healthy development, and fosters a hostile and sexualized youth culture. Children end up becoming overly conformist, desensitized, and alienated, and being “cool” matters more to them than anything else.

Hold On to Your Kids explains the causes of this crucial breakdown of parental influence—and demonstrates ways to “reattach” to sons and daughters, establish the proper hierarchy in the home, make kids feel safe and understood, and earn back your children’s loyalty and love. This updated edition also specifically addresses the unprecedented parenting challenges posed by the rise of digital devices and social media. By helping to reawaken instincts innate to us all, Neufeld and Maté will empower parents to be what nature intended: a true source of contact, security, and warmth for their children.

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