



Privilege of Parenting

Bruce Dolin PsyD

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A clinical psychologist with 19 years of experience working with kids from all walks of life—from deeply troubled children mired in LA’s child welfare system to the privileged scions of the Beverly Hills elite—Dr. Dolin delivers a practical, compassionate guide for parents that will help children thrive through their most difficult passages. For it is when our children are at their worst—depressed, anxious, defiant, angry or fearful—that we are called upon to do our best. More than just a guide to mindful parenting, "Privilege of Parenting" provides a veritable toolkit for parents dealing with problem behaviors ranging from everyday sadness and fears to severe clinical issues. In every case, Dr. Dolin frames each behavior, discusses causes and contributing factors, and then distills the essence of what helps. He illustrates his advice with extraordinary—and moving—anecdotes of the children and families with whom he has worked. This is a book that is inspiring, instructive and a pleasure to read. Dr. Dolin’s approach represents a kind of “yoga of parenting.” Not surprisingly, yoga is among Dr. Dolin’s various prescriptions. All parents love their children. "Privilege of Parenting" will help readers transform the abiding love they have for their children into compassionate, insightful and consistent parenting. Privilege of Parenting is a psychological guide that helps parents build—and repair—nourishing and empathic relationships with their children. "Privilege of Parenting" equips parents with deeper insights into the fears and blind-spots that hinder us as parents and gives guidelines, approaches and strategies for getting it right with our kids as well as tools for personal growth in the service of better parenting. "Privilege of Parenting" is not only a “how-to” but ultimately a “why to” book that likens parenting to yoga and helps the reader realize that in parenting as their best Self, they are inherently following an often overlooked path to potential happiness, wellness and spirit.

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