

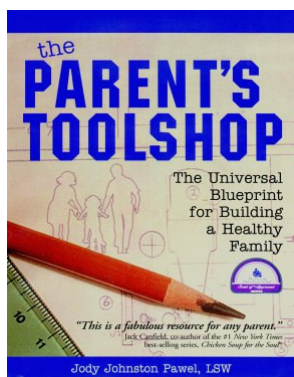


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## *The Parent's Toolshop* The Universal Blueprint for Building a Healthy Family

by Jody Johnston Pawel, LSW  
ISBN 1-929643-34-9  
464 pages, large format paperback  
\$24.95

Bless her heart — Jody Pawel has done the footwork for all us floundering parents. A licensed social worker and founder of The Family Network, Pawel compiles a wealth of parenting information rigorously tested in her training programs to create one hefty yet surprisingly accessible volume, *The Parent's Toolshop*.

All the tools for building a healthy family are in here — from how to instill self-esteem without turning children into “praise junkies,” to how to deal with a rebellious teenager by understanding how our own particular style of parenting affects our child’s actions. Helpful charts and diagrams along with summary sheets at the end of each chapter reiterate the main points and provide a quick reference whenever a harried mom or dad is faced with a particularly daunting parenting task. But not all tools in her “Universal Blueprint” are for putting out fires. Pawel wisely stresses the need for parents to possess a “prevention toolbox” in order to avoid troubles from arising in the first place — and she gladly tells us how to gain these skills in a friendly and upbeat manner.

Many of us may find the long journey of parenthood to be profoundly challenging. With insights garnered from *The Parent's Toolshop*, at last we have a map.— *ca* 4/00