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In this expanded and updated edition, Steve Biddulph shares and gives practical and honest advice to parents so they can recognise the different stages of boyhood and learn how to raise happy, confident and kind young men.

Boys need to be parented in a different way from girls with their own very special psychological and physical make-up. Home, society and education have failed boys badly - and these failures lead to unhappy men who cannot fully become happy, responsible, emotionally-confident adults.

While it is essential that boys spend more time learning about manhood from their fathers, Biddulph updates his classic to include helpful information for mothers and single mothers with baby boys.

This extended edition explores some important topics:

- How ADHD may be caused by stress in the first year of life.
- Whether boys should start school later than girls.
- Help for single mothers raising sons.
- How to choose a sport that does more good than harm.
- What we can do about boys and binge drinking.
- What science can tell us about teenage boys and driving - and how we can keep our sons safe.

Raising Boys offers parents real-life situations, thought-provoking insights, humour and help.

Reviews

'a mix of Billy Connelly and Dr Spock ... Steve Biddulph is a publishing phenomenon' The Times

'Steve's advice is easy to follow - and more importantly, it works.' BBC Family Life Magazine

'When you find a guru willing to change his mind when evidence and humanity prompt, you rejoice. For me, Steve Biddulph - one of the most popular [parenting gurus] in the world, with four million

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Libby Purves, The Times

'Biddulph... has a built-in feel good factor. Parenting books too often make one feel inadequate, but Biddulph's left me refreshed and optimistic.'

The Express

'Packed full of pithy wisdom on what it is to move from boyhood to manhood and how to help your (not-so) little one on his way.'

The Independent

About the author

Steve Biddulph is a world-famous family therapist. His *Secret of Happy Children* (published by Thorsons April 97) has sold more than a million copies and has been published in 15 languages.

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