



# Strengths Based Parenting: Developing Your Children's Innate Talents

*Ph.D. Mary Reckmeyer*

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## **Strengths Based Parenting: Developing Your Children's Innate Talents** Ph.D. Mary Reckmeyer

Written for parents to help their kids make the most of their talents — and to help parents make the most of *their own* talents so they can be truly effective mothers and fathers. Includes access codes for two strengths assessments: one for parents and one for children.

How can you discover your children's unique talents? And how can you use your own talents and strengths to be the most effective and supportive parent possible?

*Strengths Based Parenting* addresses these and other questions on parents' minds. But unlike many parenting books, *Strengths Based Parenting* focuses on identifying and understanding what your children are naturally good at and where they thrive — not on their weaknesses. The book also helps you uncover your *own* innate talents and effectively apply them to your individual parenting style.

You'll find stories, examples and practical advice as well as a strengths assessment access code for parents and one for kids, so you can take the first step to discovering your innate talents and those of your children.

Grounded in decades of Gallup research on strengths psychology — as highlighted in Gallup's *StrengthsFinder 2.0*, which has sold nearly 5 million copies to date — *Strengths Based Parenting* shows you how to uncover your kids' top talents and your own. The strengths journey is one that the whole family embarks on together, and *Strengths Based Parenting* will guide you and your children to more fulfilling, productive and happy lives.

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