



# **I'm Okay, You're a Brat!: Setting the Priorities Straight and Freeing You From the Guilt and Mad Myths of Parenthood**

*Susan Jeffers*

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## **I'm Okay, You're a Brat!: Setting the Priorities Straight and Freeing You From the Guilt and Mad Myths of Parenthood** Susan Jeffers

In this refreshingly honest book, bestselling author Dr. Susan Jeffers breaks the conspiracy of silence, pulling no punches when she details how difficult parenthood can be. With humor and compassion she uncovers the guilt traps set for parents by many child-care experts. She questions the myths and half-truths that make parents feel inadequate and offers valuable survival tools for those whose kids are driving them crazy.

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