



## Try and Make Me!: Simple Strategies That Turn Off The Tantrums and Create Cooperation

By Ray Levy, Bill O'Hanlon, Tyler Norris Goode

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"With little jargon and plenty of clarity," two esteemed family therapists "provide specific, sensible advice to parents who struggle with uncooperative children." (Publishers Weekly)

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### Editorial Review

From Publishers Weekly

With little jargon and plenty of clarity, Ray Levy and Bill O'Hanlon, with writer Tyler Norris Goode, provide specific, sensible advice to parents who struggle with uncooperative children. *Try and Make Me: A Revolutionary Program for Raising Your Defiant Child Without Losing Your Cool* first defines and explains children's defiance (including the ways parents can inadvertently encourage such behavior), and then systematically explores many possible solutions. Emphasizing consequence-based strategies designed to make children reasonably responsible for their actions, the authors refer again and again to anecdotes that will reassure parents that they're not alone. Illus.

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### Review

"The authors' well-integrated program helps frustrated parents avoid futile battles and take loving but firm charge of their difficult children. I will recommend this book to the parents of my own defiant young patients."--Barbara D. Ingersoll, Ph.D., author of *Your Hyperactive Child and Attention Deficit Disorders and Learning Disabilities*"Written in a conversational style, this book is replete with useful methods that parents can employ with difficult or defiant children. This is a truly helpful manual for parents seeking time-tested strategies for improving their relationships with their children."--Russell A. Barkley, professor of psychiatry and neurology, University of Massachusetts Medical School, and the author of *Your Defiant Child: 8 Steps to Better Behavior*"In a very clear, compassionate, sensible, and humorous way, *Try and Make Me!* outlines realistic guidelines and strategies for helping defiant youngsters become more cooperative and less oppositional. I recommend this book highly not only for parents of defiant children but for teachers and mental health professionals who work with these youngsters and their families. It is an invaluable resource."--Robert Brooks, Ph.D., assistant clinical professor at Harvard Medical School and author of *The Self-Esteem Teacher*

From the Publisher

Are bad blow-ups the norm? Are you feeling battle-weary and ineffective? Do you worry that punishing your child will make him resent you and worsen your relationship?

Finally, here's a book that will address all these problems, plus help you overcome your child's defiant attitude, build your child's self-esteem, and restore the natural balance of power in your home. *Try and Make Me!* offers a common-sense approach to child-rearing that ends the madness, prevents future violence, and helps children become the cooperative and well-adjusted "big people" they innately want to be.

Longtime child therapists Ray Levy and Bill O'Hanlon first explore the various ways a child becomes defiant-- some are born that way; some take their clues from their parents. Then, the authors center in on control--who has it, what it means to the defiant child, and how adults like you can regain it in a way that actually helps your child grow. For example, don't always try to stop your child from making mistakes--he needs to make them to grow.

Next, you'll Learn how to use Levy and O'Hanlon's seven-step program for changing behavior. From targeting a specific behavior you want to alter to keeping track of progress in a journal, this easy-to-follow plan will give you the confidence you need to press on and will make a profound difference in the life of

your child and yourself.

*Try and Make Me!* emphasizes the importance of avoiding power struggles with children and provides many clever ways to do so, including proven techniques such as "Brain-Dead Phrases," "Academies," "Guided Compliance," and "Pulling in the Reins." These approaches will put an end to the screaming battles and teach your child that behaving is in his best interest, not yours.

Packed with enlightening anecdotes, both personal and professional, *Try and Make Me!* will make you laugh, cry, and nod in recognition. Its infectious hopefulness will give you courage to persist even when hope seems lost. Read this book, follow its advice, then watch the tension subside and your relationship with your child flourish.

**About the Author** Ray Levy, Ph.D. is a child and family therapist who lectures frequently on children's issues. He has established three clinics specializing in the treatment of defiant children and children with Attention Deficity Hyperactivity Disorder. He lives in Dallas, Texas.

Bill O'Hanlon, M.S., is a marriage and family therapist and the author of 18 books, including *Do One Thing Different* and *Love is a Verb*. He lectures extensively in the U.S. and abroad and has appeared on *The Today Show* and *Oprah*. He lives in Santa Fe, New Mexico.

Tyler Norris Goode is a freelance writer living in Clyde, North Carolina.

## **Users Review**

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#### **Fred Swett:**

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**Frank Botelho:**

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their free time with their family, or their very own friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled Try and Make Me!: Simple Strategies That Turn Off The Tantrums and Create Cooperation can be good book to read. May be it is usually best activity to you.

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