



Raising Kids with Love and Limits

Julie Barnhill

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"Julie knows exactly what kids need--love and limits--and she demonstrates how to deliver both with ten no-nonsense principles that really work."--Dr. Kevin Leman, author of *Have a New Kid by Friday*

Moms get a lot of advice about the best way to raise their kids. But all of this well-meaning (and often conflicting) counsel can be paralyzing. Julie Barnhill says, "Enough already!"

Unapologetically raucous and refreshingly relevant, *Raising Kids with Love and Limits* offers you a dose of reality and a way to calm your fears about raising children. Julie Barnhill shows you how to

take joy in your child
say no like you mean it
stop overanalyzing every tiny detail
communicate truthfully and effectively with your child
and more

You can be confident, loving, and in charge. And your kids will thank you for it--someday.

Julie Ann Barnhill is a popular speaker and the bestselling author of *She's Gonna Blow! Real Help for Moms Dealing with Anger*, as well as several other popular books that tap into the "everyday themes of everyday people." She has appeared on *Oprah*, NBC, CNN, and other television programs. She lives in Illinois with her family

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