

For a good relationship instead of power struggles



Jesper Juul Your Self-Determined Child

[Dein selbstbestimmtes Kind]
Support for parents whose children strive for autonomy at an early age

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Jesper Juul (1948-2019) was one of the most important and innovative family therapists in Europe, conflict counsellor and founder of the parent counselling project *familylab international*. He became internationally known through numerous seminars, lectures, media appearances and successful parenting books. His respectful, equitable way of dealing with people impressed experts and parents alike time and again.

<http://www.familylab.de>

There are children who already know very early on exactly what they want. To these self-determined children it is important to be taken seriously. Yet, meeting the special needs of these children often presents parents with great challenges.

The renowned family therapist Jesper Juul pleads for open and authentic relationships instead of power struggles, manipulation or even capitulation. In this last book of his, he answers more than thirty specific questions asked by affected parents and explains how parents can better understand self-determined children and accompany them well into life without wearing themselves out.

- The last book by bestselling author Jesper Juul, Europe's most renowned family therapist
- Competent advice for the upbringing of children who have a mind of their own
- With many vivid examples from real family life and an afterword by Mathias Voelchert, founder of familylab.de
- More than 450,000 copies of Jesper Juul's books sold in Germany

Press

"Juul is a shining light of modern education [...] Unlike many

colleagues, he does not emphasize the difficulties but the resources of parent-child relationships." *Der Spiegel*