



Raising Everyday Heroes: Parenting Children To Be Self-Reliant

Elisa Medhus M.D.

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Living in a culture saturated with media messages focused on fame, wealth, and beauty, it's easy for today's youth to rely on these external messages for guidance. As parents and role models, our natural instinct is to protect and shield our youth from these negative messages and attitudes. Unfortunately, this mode of thinking has encouraged the growing epidemic of youth helplessness. In *Raising Everyday Heroes*, award-winning author Dr. Elisa Medhus tackles this growing social phenomenon and inspires parents to raise tomorrow's everyday heroes.

With its blend of humor and practical guidance, *Raising Everyday Heroes*

- Redefines heroism
- Recognizes the inner hero and potential greatness in all children
- Empowers parents to raise heroic children

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