

Selfish Reasons To Have More Kids Why Being A Great Parent Is Less Work And Fun Than You Think

Bryan Caplan

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Get Selfish- The Way Is Through Basic Books
Learn why it ’ s okay to have a big family. Selfish Reasons to Have More Kids (2011) is the parenting book you weren ’ t expecting. Part genetic research and part parenting guide, this book is the brainchild of father and economist Bryan Caplan. Caplan believes that the stress of modern parenting can be summarized in a nutshell: modern parents stress themselves out because they feel pressured to be perfect parents. Selfish Reasons to Have More Kids explains how and why you can release yourself from that pressure. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a summary and an analysis and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book published on QuickRead and want us to remove it, please contact us at hello@quickread.com.
Pathological Altruism Sourcebooks, Inc.
From Colleen Hoover, the #1 New York Times bestselling author of It Starts with Us and It Ends with Us, a heart-wrenching love story that proves attraction at first sight can be messy. When Tate Collins meets airline pilot Miles Archer, she doesn't think it's love at first sight. They wouldn ’ t even go so far as to consider themselves friends. The only thing Tate and Miles have in common is an undeniable mutual attraction. Once their desires are out in the open, they realize they have the perfect set-up. He doesn ’ t want love, she doesn ’ t have time for love, so that just leaves the sex. Their arrangement could be surprisingly seamless, as long as Tate can stick to the only two rules Miles has for her. Never ask about the past. Don ’ t expect a future. They think they can handle it, but realize almost immediately they can ’ t handle it at all. Hearts get infiltrated. Promises get broken. Rules get shattered. Love gets ugly.

Enough About Me Seal Press
There’s no such thing as a bad kid. That’s what a lifetime of experience has taught Dr. Stuart Shanker. No matter how difficult, out of control, distracted, or exhausted a child might seem, there’s a way forward: self-regulation. Overturning decades of conventional wisdom, this radical new technique allows children and the adults who care for them to regain their composure and peace of mind. Self-Reg is a groundbreaking book that presents an entirely new understanding of your child’s emotions and behavior and a practical guide for parents to help their kids engage calmly and successfully in learning and life. Grounded in decades of research and working with children and parents by Dr. Shanker, Self-Reg realigns the power of the parent-child relationship for positive change. Self-regulation is the nervous system’s way of responding to stress. We are seeing a generation of children and teens with excessively high levels of stress, and, as a result, an explosion of emotional, social, learning, behavior, and physical health problems. But few parents recognize the “hidden stressors” that their children are struggling with: physiological as well as social and emotional. An entrenched view of child rearing sees our children as lacking self-control or willpower, but the real basis for these problems lies in excessive stress. Self-regulation can dramatically improve a child’s mood, attention, and concentration. It can help children to feel empathy, and to cultivate the sorts of virtues that most parents know are vital for their child’s long-term wellbeing. Self-regulation brings about profound and lasting transformation that continues throughout life. Dr. Shanker translates decades of his findings from working with children into practical, prescriptive advice for parents, giving them concrete ways to develop their self-regulation skills and teach their children to do the same and engage successfully with life for optimal learning, social, and emotional growth.

Why Genes Are Not Selfish and People Are Nice Picador
As The Giving Tree turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a classic that will now reach an even wider audience. "Once there was a tree...and she loved a little boy." So begins a story of unforgettable perception, beautifully written and illustrated by the gifted and versatile Shel Silverstein. This moving parable for all ages offers a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want more from the tree, and the tree gave and gave and gave. This is a tender story, touched with sadness, aglow with consolation. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with Lafcadio, the Lion Who Shot Back. He is also the creator of picture books including A Giraffe and a Half, Who Wants a Cheap Rhinoceros?, The Missing Piece, The Missing Piece Meets the Big O, and the perennial favorite The Giving Tree, and of classic poetry collections such as Where the Sidewalk Ends, A Light in the Attic, Falling Up, Every Thing On It, Don't Bump the Glump!, and Runny Babbit. And don't miss the other Shel Silverstein ebooks, Where the Sidewalk Ends and A Light in the Attic!

Dispirited Renard Press Ltd
In Winter Solstice Rosamunde Pilcher brings her readers into the lives of five very different people.... Elfrida Phipps, once of London's stage, moved to the English village of Dibton in hopes of making a new life for herself. Gradually she settled into the comfortable familiarity of village life -- shopkeepers knowing her tastes, neighbors calling her by name -- still she finds herself lonely. Oscar Blundell gave up his life as a musician in order to marry Gloria. They have a beautiful daughter, Francesca, and it is only because of their little girl that Oscar views his sacrificed career as worthwhile. Carrie returns from Austria at the end of an ill-fated affair with a married man to find her mother and aunt sharing a home and squabbling endlessly. With Christmas approaching, Carrie agrees to look after her aunt's awkward and quiet teenage daughter, Lucy, so that her mother might enjoy a

romantic fling in America. Sam Howard is trying to pull his life back together after his wife has left him for another. He is without home and without roots, all he has is his job. Business takes him to northern Scotland, where he falls in love with the lush, craggy landscape and set his sights on a house. It is the strange rippling effects of a tragedy that will bring these five characters together in a large, neglected estate house near the Scottish fishing town of Creagan. It is in this house, on the shortest day of the year, that the lives of five people will come together and be forever changed. Rosamunde Pilcher's long-awaited return to the page will warm the hearts of readers both old and new. Winter Solstice is a novel of love, loyalty and rebirth.

It's Time to Get Selfish W. W. Norton & Company
One of the twentieth century’s enduring works, One Hundred Years of Solitude is a widely beloved and acclaimed novel known throughout the world and the ultimate achievement in a Nobel Prize–winning career. The novel tells the story of the rise and fall of the mythical town of Macondo through the history of the Buendía family. Rich and brilliant, it is a chronicle of life, death, and the tragicomedy of humankind. In the beautiful, ridiculous, and tawdry story of the Buendía family, one sees all of humanity, just as in the history, myths, growth, and decay of Macondo, one sees all of Latin America. Love and lust, war and revolution, riches and poverty, youth and senility, the variety of life, the endlessness of death, the search for peace and truth—these universal themes dominate the novel. Alternately reverential and comical, One Hundred Years of Solitude weaves the political, personal, and spiritual to bring a new consciousness to storytelling. Translated into dozens of languages, this stunning work is no less than an account of the history of the human race.

The Selfish Path to Romance Macmillan
"A display of scientific courage and imagination." —William Saletan, New York Times Book Review
Why do people—even identical twins reared in the same home—differ so much in personality? Armed with an inquiring mind and insights from evolutionary psychology, Judith Rich Harris sets out to solve the mystery of human individuality.

Brothers and Sisters in Adoption Penguin
"Inspired by the ideas of Ayn Rand"--Cover.
The Good Mother Myth Basic Books
Get Selfish- The Way is Through, teaches the reader personal empowerment and the Law of Manifestation- for an stoppable, powerful, combination to creating the life you want. Straight talking book that gets right to heart of the matter, beautifully illustrated with uplifting, and empowering quotes in full colour. The author Joanna Hunter cleverly takes you on a journey through the blocks and illusions of the things that hold you back from living your life on a grander scale. A little book with a BIG impact!

One Hundred Years of Solitude Floris Books
In Selfish, Naketa Ren Thigpen guides you along her journey, and shares how you can move from breakdown to breakthrough. After reading this book, you will:? Change the conversation. Redefine the terms used to make so many women play small, give life to your biggest dream, and create your joy! End 'over-giving'. Quit spreading yourself too thin, and focus on the relationships that really matter.? Stop believing in false narratives that hold you back, diminish intimacy, and keep you stuck in survival mode.? Break free from the pattern? Re-script disruptive cycles of unhealthy, toxic and energy draining 'situationships' that bind your brilliance.Selfish isn't a license to be insensitive, egoistic nor inhumane. It's a movement that gives you permission to pause, live, love and laugh through your pain. You'll gain access to hope, healing, and triumph. Shatter the cycles of shame and guilt that are keeping you from the life you deserve.

The Selfish Career Doubleday Canada
Pathological Altruism is a groundbreaking new book - the first to explore the negative aspects of altruism and empathy, seemingly uniformly positive traits. In fact, pathological altruism, in the form of an unhealthy focus on others to the detriment of one's own needs, may underpin some personality disorders. Hyperempathy - an excess of concern for what others think and how they feel - helps explain popular but poorly defined concepts such as codependency. The contributing authors of this book provide a scientific, social, and cultural foundation for the subject of pathological altruism, creating a new field of inquiry. Each author's approach points to one disturbing truth: what we value so much, the altruistic "good" side of human nature, can also have a dark side that we ignore at our peril.

The Giving Tree Haymarket Books
We've needlessly turned parenting into an unpleasant chore. Parents invest more time and money in their kids than ever, but the shocking lesson of twin and adoption research is that upbringing is much less important than genetics in the long run. These revelations have surprising implications for how we parent and how we spend time with our kids. The big lesson: Mold your kids less and enjoy your life more. Your kids will still turn out fine. Selfish Reasons to Have More Kids is a book of practical big ideas. How can parents be happier? What can they change -- and what do they need to just accept? Which of their worries can parents safely forget? Above all, what is the right number of kids for you to have? You'll never see kids or parenthood the same way again.

The Virtue of Selfishness Penguin
International bestseller As seen in The Wall Street Journal--from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this hygge--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all hygge. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, The Danish Way of Parenting will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

No Two Alike: Human Nature and Human Individuality Princeton University Press
Overly concerned about what people think of you? Edward T. Welch uncovers the spiritual dimension of people-pleasing—what the Bible calls fear of man—and points the way through a true knowledge of God, ourselves, and others.
The Selfishness of Others MIT Press
They're among us, but they are not like us. They manipulate, lie, cheat, and steal. They are irresistibly charming and accomplished, appearing to live in a radiance beyond what we are capable of. But

narcissists are empty. No one knows exactly what everyone else is full of--some kind of a soul, or personhood--but whatever it is, experts agree that narcissists do not have it. So goes the popular understanding of narcissism, or NPD (narcissistic personality disorder). And it's more prevalent than ever, according to recent articles in The New York Times, The Atlantic, and Time. In bestsellers like The Narcissism Epidemic, Narcissists Exposed, and The Narcissist Next Door, pop psychologists have armed the normal with tools to identify and combat the vampiric influence of this rising population, while on websites like narcissismsurvivor.com, thousands of people congregate to swap horror stories about relationships with "narcs." In The Selfishness of Others, the essayist Kristin Dombek provides a clear-sighted account of how a rare clinical diagnosis became a fluid cultural phenomenon, a repository for our deepest fears about love, friendship, and family. She cuts through hysteria in search of the razor-thin line between pathology and common selfishness, writing with robust skepticism toward the prophets of NPD and genuine empathy for those who see themselves as its victims. And finally, she shares her own story in a candid effort to find a path away from the cycle of fear and blame and toward a more forgiving and rewarding life.

Selfish Reasons to Have More Kids Harper Collins

Parenting today’s teens is not for cowards. Your teenager is facing unprecedented and confusing pressures, temptations, and challenges in today’s culture. Mark Gregston has helped teens and their parents through every struggle imaginable, and now he shares his biblical, practical insights with you in bite-size pieces. Punctuated with Scriptures, prayers, and penetrating questions, these one-page devotions will give you the wisdom and assurance you need to guide your teen through these years and reach the other side with relationships intact.

The Connected Parent Zondervan

What role does the Soul play? How does it connect to the body? 'It's Time To Get Selfish' delivers a practical guide enriched with fresh information regarding the Soul and its connection to our human experience. As we learn how to better connect with our Soul, we then discover our natural ability to create the life and surroundings that we might only have ever dreamed about. Who needs a genie when this fascinating truth is revealed and we finally get to wave our very own wand! In a step-by-step guide, for the first time, 'It's Time To Get Selfish' simplifies this sophisticated yet truly enlightening subject as it takes us to a new level of awareness whilst undergoing a fascinating exploration into SELF.

The Mother of All Questions Penguin

"Am I with the most selfish person alive?" "Am I being selfish when I do the things I want to do?" "If you loved me, you would..." The battle of what "I want" versus what "you want" is intense. Couples are in a constant tug of war, squabbling with each other with no regard for their partner's feelings, with great guilt over their own perceived selfishness, or feeling somewhere in between. And it's costing us our relationships. What About Me? will guide readers through the new terrain of relationships in this era of entitlement, showing how selfishness plays a role and helping you better understand what being selfish really is. Learn to: see beyond what you perceive as selfish requests-your partner's and your own conquer the selfish hot spots that flare up in your relationship understand all the differences, fears, and preferences that come between couples Through anecdotes and quizzes, and drawing from Dr. Jane Greer's more than twenty years of experience in relationship counseling, What About Me? will teach readers what's reasonable to expect of themselves and their partners, equip them with the tools to move from "me" to "we," and get them back on track to happily ever after. "Finally, a simply put yet deeply resonating guide to help us eliminate toxic messages that feed into our relationships! Keep What About Me? next to your bedside and get what you need, immediately!" -Emme, supermodel "What About Me? unabashedly digs deeply into the origins of conflict in relationships and paves the way for resolution, healing, and happiness. This is a book that will serve all of us well." -David Perlmutter, MD, author of Power Up Your Brain: The Neuroscience of Enlightenment *Selfish, Shallow, and Self-Absorbed* John Hunt Publishing

A wide-ranging exploration of whether or not choosing to procreate can be morally justified—and if so, how. In contemporary Western society, people are more often called upon to justify the choice not to have children than they are to supply reasons for having them. In this book, Christine Overall maintains that the burden of proof should be reversed: that the choice to have children calls for more careful justification and reasoning than the choice not to. Arguing that the choice to have children is not just a prudential or pragmatic decision but one with ethical repercussions, Overall offers a wide-ranging exploration of how we might think systematically and deeply about this fundamental aspect of human life. Writing from a feminist perspective, she also acknowledges the inevitably gendered nature of the decision; the choice has different meanings, implications, and risks for women than it has for men. After considering a series of ethical approaches to procreation, and finding them inadequate or incomplete, Overall offers instead a novel argument. Exploring the nature of the biological parent-child relationship—which is not only genetic but also psychological, physical, intellectual, and moral—she argues that the formation of that relationship is the best possible reason for choosing to have a child.

The Selfish Gene New Growth Press

Dave Webster’s book is a counter-blast against the culturally accepted norm that spirituality is a vital and important factor in human life. Rejecting the idea of human wellbeing as predicated on the spiritual, the book seeks to identify the toxic impact of spiritual discourses on our lives. Spirituality makes us confused, apolitical and miserable - whether that spirituality is from conventional religious roots, from a new-age buffet of beliefs, or from some re-imagined ancient system of belief. Looking beyond this dismissal, the book looks towards atheistic existentialism, Theravada Buddhism and political engagement as a means to imagine what a post-spiritual world view could look like. ,