



# **The Danish Way of Parenting: What the Happiest People in the World Know About Raising Confident, Capable Kids**

*Jessica Joelle Alexander, Iben Sandahl*

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What makes Denmark the happiest country in the world--and what are the secrets of Danish parents for raising happy, confident, successful kids, year after year? This upbeat and practical guide brings together the insights of a licensed psychotherapist and a mom -- a Dane and an American married to a Dane, respectively -- on the habits of the happiest families on earth.

The book delivers fresh advice on how to:

- Encourage free play
- Foster authenticity and confidence
- Nurture empathy
- Emphasize teamwork over power struggles
- Celebrate togetherness

Filled with practical takeaways and inspiring examples, *The Danish Way of Parenting* will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

*From the Trade Paperback edition.*



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