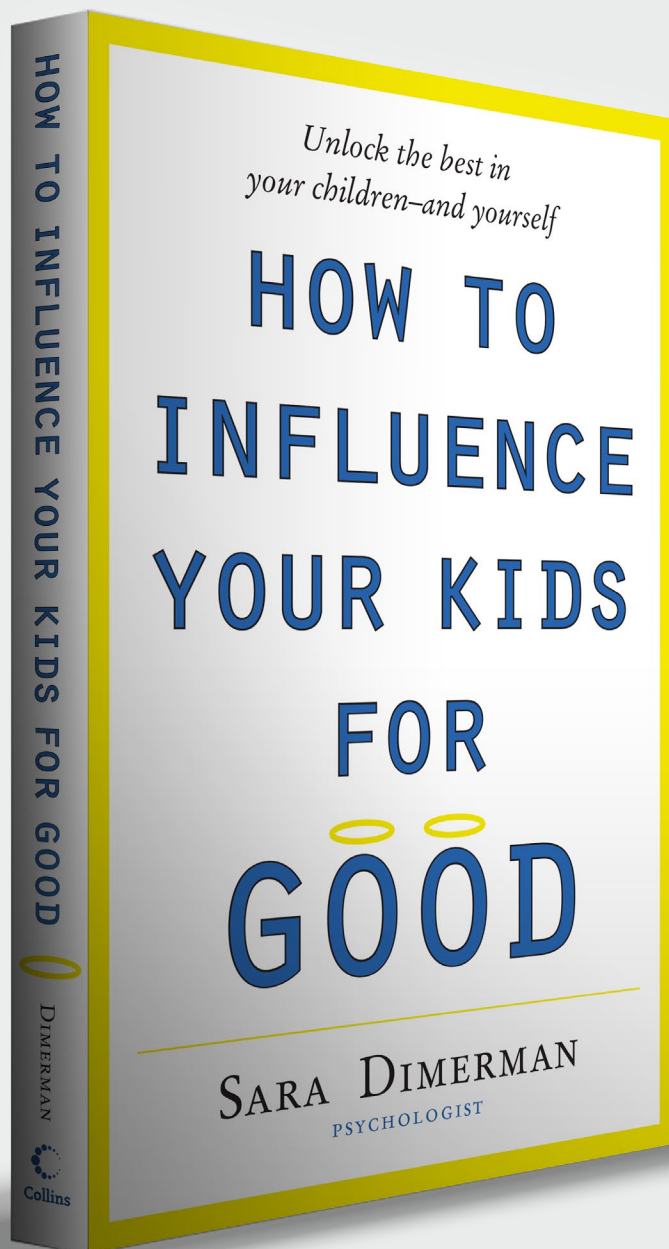


Latest book from **helpmesara**



Sara Dimerman has been a **psychologist** in the Toronto area for more than 25 years. As well as helping parents, she offers **individual, couple and family counselling**. **She is the author of three other books** - another for parents and two for couples.

She is also the creator of **www.helpmesara.com**, a comprehensive online resource offering free advice on hundreds of issues.



If you're like most parents, you worry about the future. You're afraid that your disrespectful twelve-year-old will become a juvenile delinquent or that your defiant eight-year-old will become even more difficult to manage as a teenager. **You also worry about how to remain the most influential person in your child's life,** and sometimes about whether or not you have lost your influence altogether. You work hard at being a positive role model and being "good" in so many ways, but wonder if what you're doing and saying is making a difference.

In **How to Influence Your Kids for Good*** (Harper Collins, Aug 2015), Sara shares her practical and effective step-by-step plan that will help you bring your family together, improve communication, and unlock the very best in your children and yourself.



For more information, [click here](#).

**How to Influence your Kids for Good* is a revised, updated version of Sara's 2009 book *Character is The Key* (Wiley & Sons).