

By Nesta A. Aharoni

"An awesome read. Don't start this book on a day that you have plans. You will find yourself spellbound by Nesta's words and her skillful and successful parenting style."

–Marica Essig, PhD

"Through humor and no-nonsense advice, Nesta Aharoni presents us with day-to-day opportunities to reach our kids to do the right thing and to make the right choices, even when the stakes are high or when no one is watching."

–Bonnie Geyer, Educator/Director

"Nesta Aharoni understands the importance of raising a generation of children who embody goodness. *My Goodness: My Kids* explores character building opportunities with sincerity and wisdom. Its tone is warm and soothing; its advice is practical and easy to absorb. With all of the challenges our youth face today, the topic of goodness is more relevant than ever."

– Phyllis Kahaney, PhD

"In a society that often lacks moral fortitude and direction, this book is a must read. *My Goodness: My Kids* possesses wisdom, insight, and clarity of perception as related to familial interactions."

–Robert-Maurice Laurent, PhD, O.M.

"The practical and loving advice in *My Goodness: My Kids* is perfect. This book is one I will recommend to all of the clients in my practice who have children. Thank you for your heart-felt wisdom."

–Denise Ross, M.A., Marriage & Family Therapist

"*My Goodness: My Kids* is an intimate portrait of an endangered species...a functional family. Nesta Aharoni serves up chapter after chapter of parental wisdom, each filled with practical techniques that can be put to use before you finish reading the book."

–Joshua Levitt, N.D.

"My goodness! It really is good. This book contains comprehensive, individually tailored, child rearing strategies that present a relatively simple and realistic method for producing honorable, educated, and happy adults." --Bill Williams, PhD, author of *Trading Chaos*

"The road to good parenting is filled with twists and turns and unpaved territory. Nesta Aharoni sheds light, direction, and good old homespun wisdom to help us find our way. A delightful, thought-provoking, and instructive read for what we all want in our lives—good kids."

–Bonita Pollen, M.A.

"Reading Nesta's book was a joyous opportunity. I especially appreciated the non-threatening diversions used in restaurants and other public places. But probably the clearest and most sensible advice in her parenting book is to choose the right spouse. Parents who are united make difficult child rearing decisions a little bit easier."

–John A. Roach, EdD, District Superintendent CUSD

"Nesta Aharoni wisely states, 'If I take care of my parental business while my children are young, I won't have to battle with them during their angst-filled, hormone-driven teenage years.' In this book, she carefully describes her thoughtful and down-to-earth approach to using everyday events as 'teaching moments.' This book can be a useful tool for preparing children to become good, decent adults."

–Paul Arenson, LCSW, Child/Family Therapist

"I can hear the author's gentle and directed voice in her flowing words of concern and logic. In a sea of volatility, this book offers an island of reprieve and reflection."

–Rabbi Ben Kamin