



He's Not Lazy: Empowering Your Son to Believe In Himself

Adam Price

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“Clinical psychologist Price offers one of the most significant books of the year in this new look at an old problem—the underperforming teenage boy... Price’s book brings an important voice to a much needed conversation.” —*Library Journal* (Starred review)

On the surface, capable teenage boys may look lazy. But dig a little deeper, writes child psychologist Adam Price in *He's Not Lazy*, and you'll often find conflicted boys who want to do well in middle and high school but are afraid to fail, and so do not try. This book can help you become an ally with your son, as he discovers greater self-confidence and accepts responsibility for his future.

He's Not Lazy: Empowering Your Son to Believe In Himself Details

Date : Published August 1st 2017 by Sterling (first published May 3rd 2016)

ISBN :

Author : Adam Price

Format : Kindle Edition 288 pages

Genre : Parenting, Nonfiction, Self Help

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From Reader Review He's Not Lazy: Empowering Your Son to Believe In Himself for online ebook

Debbie says

This was really a great resource filled with brain research about how the adolescent brain works and how it's very different from the adult brain. It gave lots of scientifically based reasons why your child may choose to "opt-out" rather than always do his best. The tips were helpful, but not life-altering if you've been raising a headstrong child since birth. ;-)

Melissa says

Everyone who deals with teen boys needs to read this. Everyone.

Jason says

Wish I'd read this 10 years ago. Lots of good insight for communicating with teenagers.

Jenny Taylor says

Good advice about taking a step back and giving your son room to fail as a means of growing toward independence. My favorite piece of advice:

Don't drown him in reminders and requests. Instead, make him tired of hearing you ask, "What is your plan?"

And the follow-up to the inevitable answer of "I don't know":

"You will probably like the plan I come up with a lot less than one you come up with, so give it some thought."

Amanda says

I received a copy of this book from a Goodreads giveaway. I found this book really interesting. It goes into

many of the differences between boys and girls and how that can relate to learning. It also talks about what parents can do to help motivate their sons and help them to succeed.

Dee says

Good book approaching a topic that I don't think you see enough of - teenagers (really, with or without ADHD) who are smart but struggle in school.

The book is a little long and I think some of the sections could be condensed, but I appreciated the insight into brain biology.

Another reviewer said that the book is for a very specific audience of parents. I don't disagree with this, but unlike that reviewer I feel as though I could get some things out of it even if I'm not guilty of the overparenting descriptions he provides.

I think my favorite part of the book is the chapter titled I can do it that really focuses on building competence and self-efficacy because that is the bottom line. It's also possibly the hardest, seemingly because of so many aspects of our current culture.

The writing style is fairly engaging, and the author is sympathetic with his subjects - teenage boys.

Misty says

I received a copy of this book through a Goodreads giveaway. I found the subject matter very interesting and many of the exercises are helpful in opening up conversation with teens. This book focuses on teenage boys but I think parents of girls, especially those with ADHD would find this book very helpful. The author is very knowledgeable and the book was well written.

Amanda Rutnik says

I have an opt-out kid, but found myself seeing a lot of both my teenage boys in this book. Asking about "the plan" has opened up lines of communication for us. Overall, it was a funny book with a lot of "hmmmm, that sounds mighty familiar" to it.

Lisa says

I recognized my son sometimes

This book sometimes feels as if it is written about my son and sometimes seems completely off base. I would like to try some of these exercises with my son but he would shut down so completely and I worry I could do more harm than good to our relationship.

Jennifer says

These types of parenting books are often hard to get into and hard to finish, but this one was necessary and helpful to me for one of my children at this particular time of my life. It offers sage advice on how to shift your thinking about your child and follows up with some very common sense, practical tips on how to move forward.

Dave says

I read this book because it was marketed to focus on raising boys with the ADHD however, it essentially applies to every male. Maybe we all have ADHD and do not know it.

Scaffolding is the best concept to explain the parenting advice. Offer guidance and support but you have to let your son do the building himself. There also needs to be a reevaluation of what type of building do you want. I think most of the advice is sane.

I'm not sold on the later school idea. I'm at work every day by 8 and my commute is longer so I don't see the issue with starting at 730 or 8. Country people get up earlier in day than that. Most people start their mornings by 6 or earlier, so kids should get used to it. Go to bed earlier. Doing sports first would not fit in the competition schedule. After practice I was in no shape to learn. I'd also have to shower at school instead of just going home and showering. In college I had to occasionally take a class after practice and it was totally useless.

Dawn Liebherr says

Really interesting read! I recommend it to parents of teen boys.

Marci-Beth Maple says

When parenting a teen, you often feel like you are completely out of your depth. This book was immediately relatable and not only guides you in seeing that your child is all right, but that you are too! Full of easy-to-understand explanations of scientific and developmental information that is absolutely necessary to understand, the second half of the book offers some really practical ideas and applications. A great read, and one I will recommend to friends, teachers and others who work with teen boys.

Summer says

This was a perfectly fine book but I don't think you need to read it. It's written for a VERY SPECIFIC audience and I don't know anyone in it.

It's written for middle/upper class parents who have somehow managed to find themselves with nearly no idea how adolescent development works. They are either raising their first teenager or their earlier ones were angels. They also never spent much time with teenagers.

Also, and importantly, they have some kind of issues where they are super immersed in their kid's life, like they get all their self-esteem from their kids accomplishments. They need their kids to get into "good colleges". (This is so foreign to me, it may as well be written by an alien)

Lastly, in order to be in the audience for this book, your kid has got to be super neuro-typical. No learning problems, or genuine rebellion. If your kid is actually doing bad things, this is NOT the book for you. This is the book for parents of kids who have C averages.

Frankly, I hadn't realized that a book like this needed to be written, but I guess that's my privilege speaking.

It's not a terrible book. The writing style is good. And if you fall into what I perceive to be a very narrow strip of the population, you will probably find this a very helpful book.

Kelly says

The topic of this book is very real. The demands on a teenager today are more intense than when we were teenagers, mostly in the academic sense. This book gave me some great perspectives of how to view this from my teenage son's perspective, and also how I can be the most loving and supportive parent to him and our daughter during these years. Highly recommended if you have a teenage son - if you don't, you won't find much of interest or application here.
