

"HOW TO RAISE AN ADULT"

Author Julie Lythcott-Haims

Discussion & Book Signing

Sunday, August 30th

Los Angeles, CA - Julie Lythcott-Haims, author of the nationally acclaimed book, "How to Raise An Adult," addresses how to break free of the over-parenting trap and prepare your child for success. Lythcott-Haims will be at Beit T'Shuvah for a signing and discussion of her book, described as the "anti-helicopter-parenting manifesto."

The nonprofit residential treatment center, Beit T'Shuvah, takes a similar approach in its education outreach towards families in the Los Angeles area to avoid what they describe as the "trauma of privilege."

Harriet Rossetto, the founder of Beit T'Shuvah, is referenced in the book for her innovative research analyzing depression and anxiety among affluent teenagers, and her guidance to parents who are overly dependent on the success and happiness of their child. "If the child is having a good day, Mommy and Daddy are happy, and if he's not having a good day Mommy and Daddy are in despair," Rossetto explains. "Severing that umbilicus is what our family program does. A parent's well-being can't be dependent on whether or not the kid is having a good day." Rossetto has been counseling families who's children fall into addictions as a result of pressure parenting for the past 30 years. She emphasizes the importance of resisting the urge to solve problems for children and to instead allow them to learn from the challenges they face.

Lythcott-Haims' book has been reviewed by New York Times best selling authors as "Witty, wise and dead-on" and "A smart compassionate alternative approach for parents who want to foster hearty self-reliance instead of hollow self-esteem." During the brunch at Beit T'Shuvah she will read from her book, offer a Q&A session and sign books.

WHERE: The Elaine Breslow Institute, 8847 Venice Blvd. in Los Angeles

WHEN: 11 a.m. on Sunday, August 30th 2015

INTERVIEWS:

Harriet Rossetto, Founder of Beit T'Shuvah

Julie Lythcott-Haims, Author of "How to Raise an Adult"

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About Beit T'Shuvah (Bate-t'shoo-vah) www.beittshuvah.org

Beit T'Shuvah is a nonprofit treatment center and education institution dedicated to guiding individuals and families toward a path of living well in order to recover from addiction. Beit T'Shuvah, meaning House of Return in Hebrew, became the first residential program in the United States to integrate Judaism, 12 steps and psychotherapy. It evolved from the original half-way house model to a nationally recognized faith-based recovery community on a large campus housing

140 residents and 100 employees (80 percent of whom are former residents). Through charitable donations Beit T'Shuvah continues to provide treatment to people who have limited or no financial resources.

About Harriet Rossetto

Harriet Rossetto is the founder and executive vice president of Beit T'Shuvah, a residential treatment center and educational institution in West Los Angeles. Her belief that addiction is a malady of the soul inspired her to create a community that for 30 years has supported the process of recovery through spiritual healing. The Obama administration selected her this summer as an Advocate for Action, a national role model for her unique approach to addiction prevention and called on her to advise on national drug control policy. The Bush administration recognized her work with recovering Jewish addicts as an example of why the government should support faith based efforts. Harriet also received the Alan Kassin award for professional achievement from the Jewish Communal Professionals, the Vision Philanthropy Award, and the Isaiah Award from the Jewish Federation for filling an unmet community need. Rossetto has also authored her own spiritual memoir, "Sacred Housekeeping."

About Julie Lythcott-Haims

Julie Lythcott-Haims served as Dean of Freshmen and Undergraduate Advising for more than a decade at Stanford University, where she received the Dinkelspiel Award for her contributions to the undergraduate experience. A mother of two teenagers, she has spoken and written widely on the phenomenon of helicopter parenting, and her work has appeared on TEDx Talks and in Forbes and the Chicago Tribune. She is pursuing an MFA in Creative Writing at California College of the Arts in San Francisco.

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