



# How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success by Julie Lythcott-Haims | Key Takeaways, Analysis & Review

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**How to Raise an Adult: by Julie Lythcott-Haims | Key Takeaways, Analysis & Review**

**Preview:**

*How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success* is a book of parenting advice. The author, Julie Lythcott-Haims, is a former freshman dean at Stanford University and the mother of two teenagers...

**Inside this Instaread Key Takeaways, Analysis & Review of How to Raise an Adult**

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways

## About the Author

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