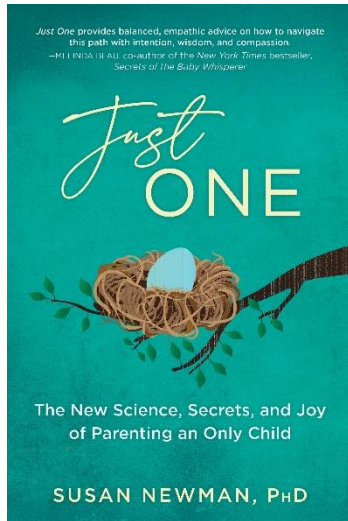


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# What a “ONE”-derful World This Could Be



## Just One

The New Science, Secrets, and Joy of Parenting an Only Child

By Susan Newman, PhD

9781493088584, \$21.95, Paperback

9781493088591, \$21.00, Electronic book text

Imprint: Prometheus Books

**July 15, 2025**

176 pages

Family & Relationships / Life Stages

**Discover why having one child is not only a preferred family size, but also an enriching path to creating a thriving, happy family.**

Drawing from groundbreaking new research and interviews with over 100 families, renowned psychologist Susan Newman, Ph.D. dismantles the outdated myths about only children while providing a roadmap for confident parenting decisions. Whether you're contemplating your family's size or already raising an only child, this authoritative guide addresses the most pressing concerns:

- Is one child right for me? Am I being selfish?
- No sibling: Am I cheating my child?
- What are the benefits of being an only child?
- Why the "selfish, lonely only" stereotypes no longer hold up
- How to raise a well-adjusted, compassionate only child
- Is caring for aging or ill parents too much for one child?

More and more families are embracing the solo child with little to no pressure from family and friends to have another. The one-child family has become desired in the U.S. and worldwide in developed countries. China, England, Korea, France and Canada have already been labeled “one-child nations.”

*(more on back)*

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*Just One* explores the striking changes in cultural norms and personal challenges driving the popularity of the one-child family: from women starting families older and the high cost of raising children to women wanting to work and climate change concerns.

Written by one of America's leading parenting experts who has been featured in *Psychology Today*, *The New York Times*, and *NPR*, *Just One* offers evidence-based strategies for nurturing competent, independent only children. This timely guide speaks to a new generation of parents who are redefining what makes a perfect family size.

### **About the Author:**

**Susan Newman, PhD**, is a social psychologist specializing in parenting concerns, family dynamics and trends. Her work examines building strong family bonds, raising only children and strengthening relationships with adult children, as well as the difficulties of raising a family and working. Dr. Newman has been named one of the “25 Parenting Educators to Follow” by Roots of Action and one of the top 100 psychologists to follow by *Careers in Psychology*. She has appeared on *Good Morning America*, *The Today Show*, *ABC’s 20/20*, *CBS Sunday Morning*, *MSNBC*, *NPR’s Talk of the Nation and Marketplace*, *NBC Nightly News*, *CBS* and *Fox News* discussing breaking news and parenting issues. Her work has been featured in *Harvard Magazine*, *Woman’s Day*, *Parents*, *Cosmopolitan*, *USA Today*, *The New York Times*, *The Los Angeles Times*, *The Washington Post*, *The Boston Globe*, *London Telegraph*, *Today’s Parent (Canada)*, *Huffington Post*, *AARP*, and *The Times of India*, among many others. She is a member of the American Psychological Association, The Authors Guild, and the American Society for Journalists and Authors, and is a Court Appointed Special Advocate for abused and neglected children.

### **Advance Praise:**

“*Just One* provides balanced, empathic advice on how to navigate this path with intention, wisdom, and compassion.”

—**MELINDA BLAU**, co-author of the *New York Times* bestseller, *Secrets of the Baby Whisperer*

“*[Just One]* addresses the emotional tug-of-war and real-world challenges parents and prospective parents face, making a compelling case for the benefits of having an only child.”

—**ALICE BOYES, PhD**, author of *The Anxiety Toolkit*