



## Foreword

Tom Sawyer was a better psychologist than B.F. Skinner, the leading exponent of *behaviorism*.

Tom persuaded his friends that it was a privilege to whitewash Aunt Polly's front fence. He not only influenced others to do the work, he had them committed to the task.

Behaviorism, in contrast, uses *external manipulators* and never creates commitment; it merely prompts a temporary change.

Nevertheless, this psychology—used to train rodents, birds, and animals—is employed in much of public education. Although this approach started with special education students who are given tangibles to reinforce desired behaviors, behaviorism is often used now (and in some cases mandated) for all students.

*External manipulative* approaches ***rely on some thing or someone else***. They focus on obedience, but ***obedience does not create commitment***.

***Discipline Without Stress***<sup>®</sup> is so successful because it ***inspires*** and prompts ***desire*** and ***commitment*** for responsible behavior.

***Interestingly, when people are responsible, obedience follows as a natural by-product.***