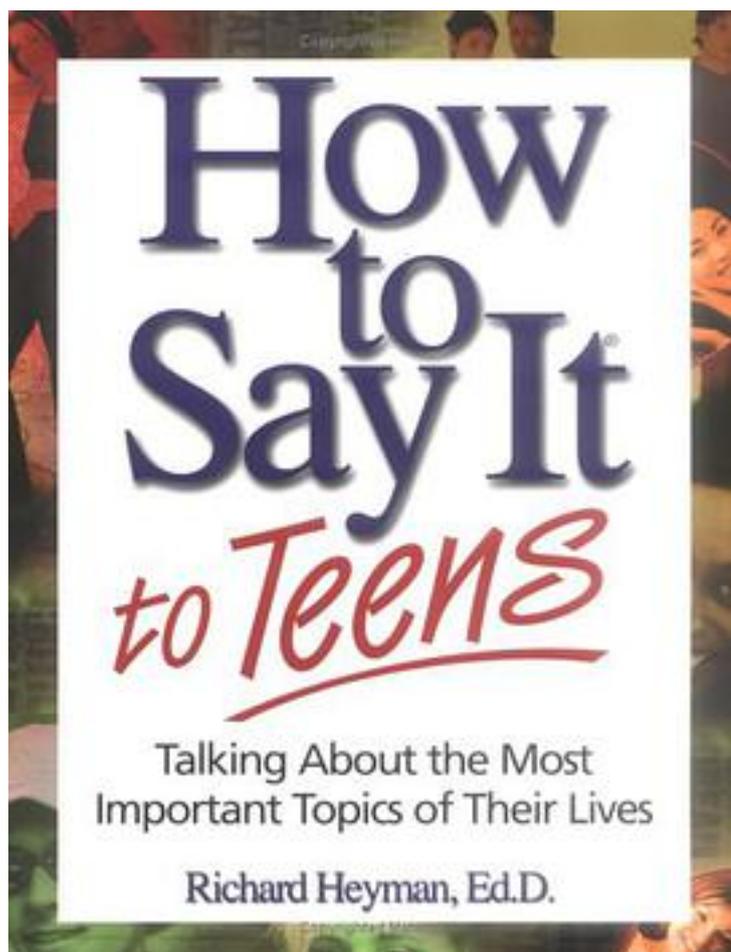


How to Say it to Teens



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出版者:Penguin USA

出版时间:2001-8

装帧:Pap

isbn:9780735201880

A parents' survival guide for raising teens—a new addition to the popular How to Say It series Raising teens is one of the greatest responsibilities in life. It is also one of the most challenging. So how are parents to cope—especially with the ever-growing social

pressures that today's teens face? Dr. Richard Heyman has the answer: with the right communication skills almost any problem parents face with their teenage children can be overcome. Offering the same practical how-to information that has made the popular How to Say It series so successful, this important reference teaches parents how to talk to their teens not only as a parent, but as a friend and advisor. Chapters range from difficult topics such as contraception, pregnancy, tattoos and body piercing, curfews, sex, and drugs to more mundane matters such as budgeting, careers, money, and friends. Based on real-life examples, each chapter serves as an instant resource for:

- Words and phrases to use and those to avoid
- Techniques for starting conversations on important issues
- Getting teens to think openly about each action and its consequences
- Ways to offer advice in the right way at the right time

Including self tests that will help parents assess their own communication skills, How to Say It to Teens is of critical importance to ensuring family harmony, the parental sanity, and the emotional and physical well-being of teens.

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