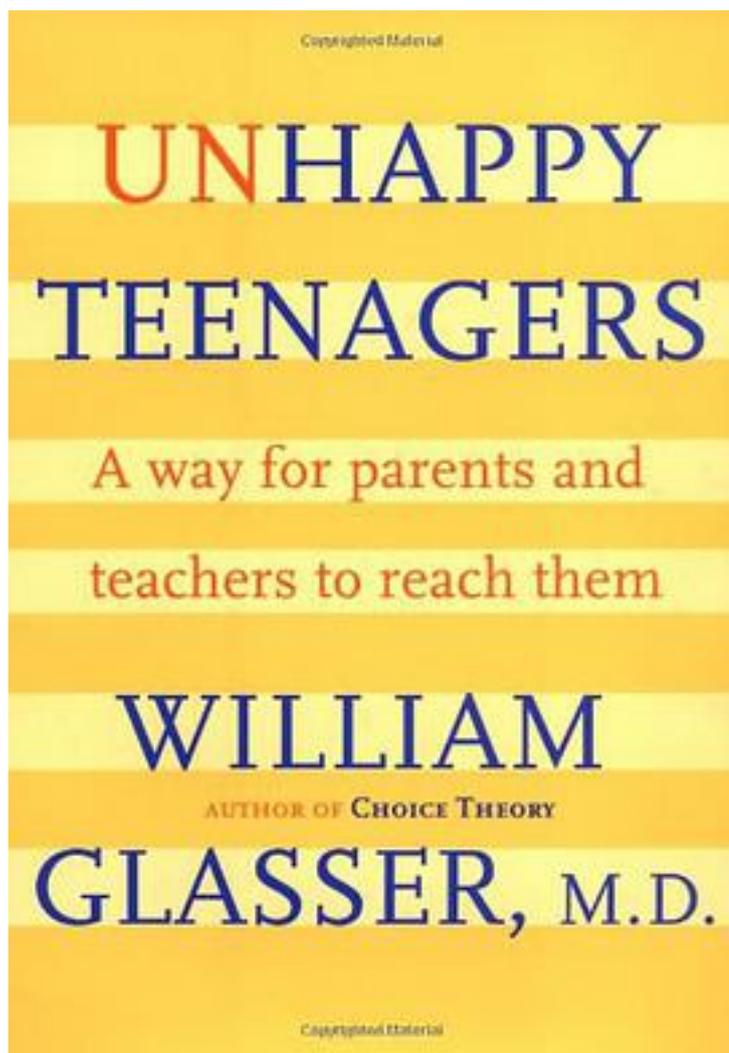


Unhappy Teenagers



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著者:Glasser, William

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The bestselling author of Choice Theory and Reality Therapy offers a powerful approach for helping troubled teens. During his decades-long career as a therapist, Dr. William Glasser has often counseled parents and teenagers, healing shattered families and changing lives with his advice. Now, in his first book on the lessons he has learned, he asks parents to reject the "common sense" that tells them to "lay down the law" by grounding teens, or to try to coerce them into changing their behavior. These strategies have never worked, asserts Dr. Glasser, and never will. Instead he offers a different approach based upon Choice Theory. Glasser spells out the seven deadly habits parents practice, and then shows them how to accomplish goals by changing their own behavior. Most important, however, in *Unhappy Teenagers*, Dr. Glasser provides a groundbreaking method that all parents can use with confidence and love to keep a strong relationship with their child.

作者介绍:

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