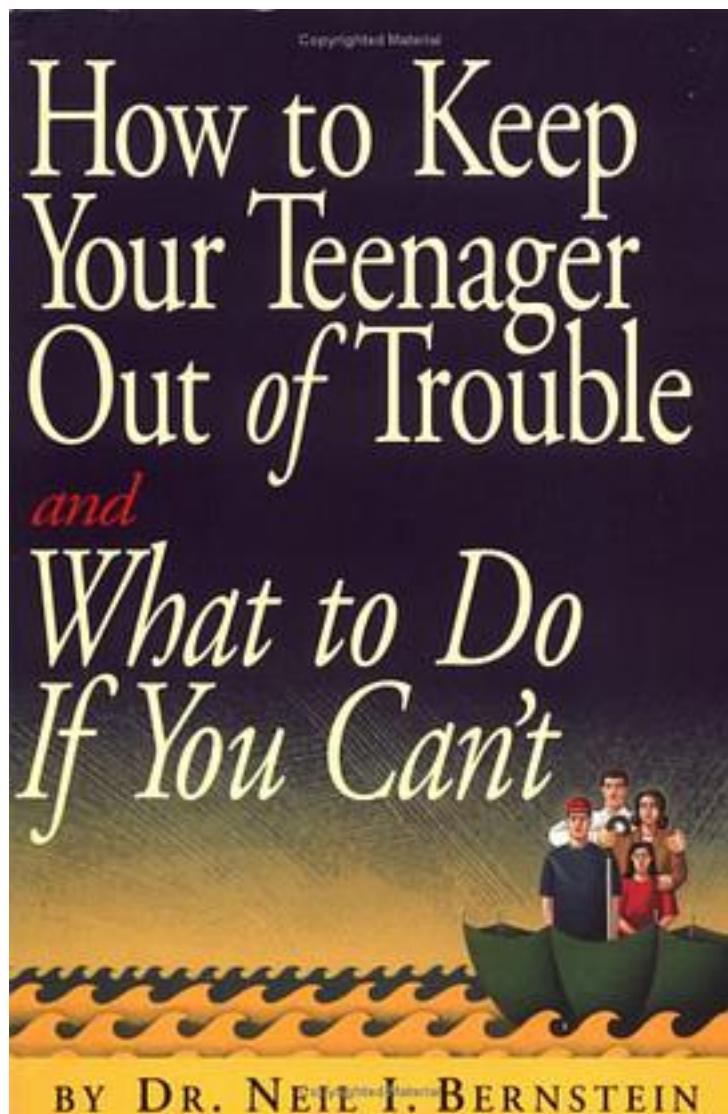


# How to Keep Your Teenager Out of Trouble and What to Do If You Can't



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The teenage years are tough - for kids, and for parents. Many teenagers are grappling with a slew of overwhelming emotions, and the results can range from not wanting to be seen with a parent in public to reckless and destructive behaviour that can destroy a family. Parents despair as a child becomes a sullen, defiant stranger. A clinical psychologist who's spent more than two decades bringing families back from the brink. Dr. Neil I. Bernstein knows how to help parents and teens successfully navigate these difficult and trying years. Thoughtful, clear-eyed, comprehensive, and refreshingly free of jargon, **HOW TO KEEP YOUR TEENAGER OUT OF TROUBLE AND WHAT TO DO IF YOU CAN'T** helps parents identify whether their teens are exhibiting typical behaviour - such as locking themselves in their room for hours - or are exhibiting real danger signs, such as being secretive, despondent, or constantly angry.

作者介绍:

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