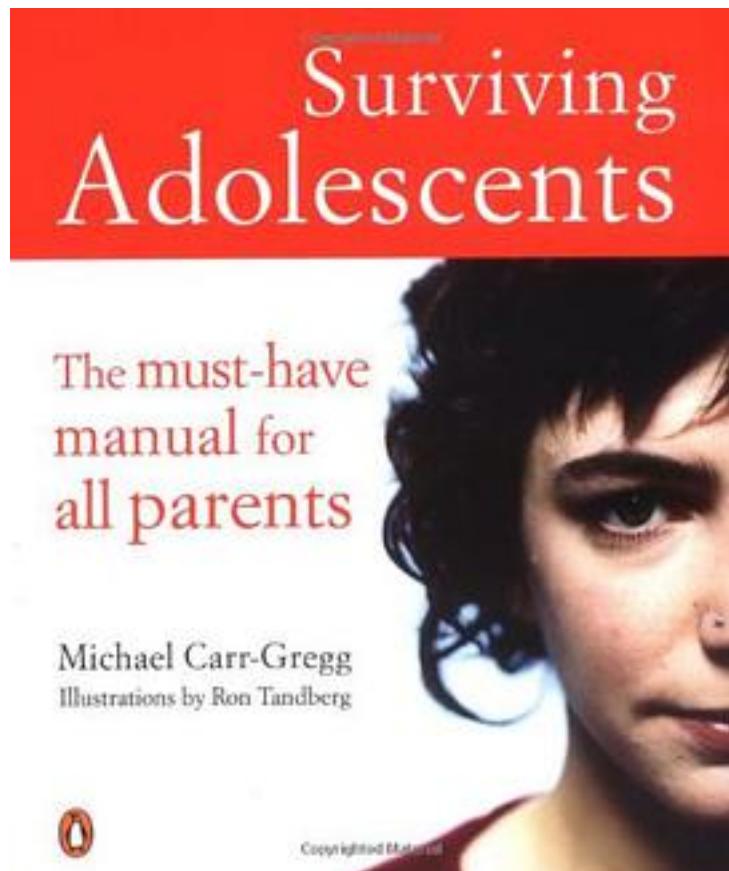


# Surviving Adolescents



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Surviving Adolescents is a clear and very down-to-earth manual for parents, which draws on Michael Carr-Gregg's wealth of experience and wisdom. It has advice on all the thorny issues that confront families with teenagers – sexuality, risky behaviours, laziness, school and study problems, and much more. It's full of practical strategies for everyday survival, including: communicating effectively with young people defusing

family conflict setting limits avoiding common mistakes like fighting over things that don't matter keeping the stress of parenting at bay Few 21st-century parents have the time to read weighty volumes on adolescent development. *Surviving Adolescents* is the perfect solution: concise, human, reassuring and with a wry humour. It is illustrated throughout with poignant cartoons by Ron Tandberg.

作者介绍:

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