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## Positive Discipline for Teenagers: Empowering Your Teens and Yourself Through Kind and Firm Parenting

By Lynn Lott

Three Rivers Press (CA). Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.1in. x 7.3in. x 0.7in. A Positive Approach To Raising Happy, Healthy and Mature Teenagers Adolescence can be a time of great stress and turmoil not only for kids going through it, but for their parents as well. Its normal for teens to explore a new sense of freedom and to redefine the ways in which they relate to their parents, and that process can sometimes leave parents feeling powerless, alienated, or excluded from their childrens lives. These effects can be magnified even further in this modern age of social networks, cell phones, and constant digital distraction. This newly revised and updated edition of Positive Discipline for Teenagers shows parents how to build stronger bridges of communication with their children, break the destructive cycles of guilt and blame that occur in parent-teen power struggles, and work toward greater mutual respect with their adolescents. At the core of the Positive Discipline approach is the understanding that teens still need their parents, just in different ways--and by better understanding who their teens really are, parents can learn to encourage both their teens and themselves, and instill good judgment without being judgmental. The methods...



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