



Positive Discipline for Teenagers, Revised 2nd Edition: Empowering Your Teens and Yourself Through Kind and Firm Parenting

Jane Ed.D. Nelsen, Lynn Lott

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Positive Parenting for Those Important Teen Years

Adolescence is often a time of great stress and turmoil—not only for kids going through it, but for you, their parents as well. During the teen years, kids aggressively begin to explore a new sense of freedom, which often leads to feelings of resentment and powerlessness for parents who increasingly are excluded from their children's lives. This revised edition of *Positive Discipline for Teenagers* shows you how to break the destructive cycle of guilt and blame and work toward greater understanding and communication with your adolescents. Inside, you'll:

- Find out how to encourage your teen and yourself
- Grow to understand how your teen still needs you, but in different ways
- Learn how to get to know who your teen really is
- Discover how to develop sound judgment without being judgmental
- Learn how to use follow-through—the only surefire way to get chores done

Over the years, millions of parents have come to trust the classic **Positive Discipline** series for its consistent, commonsense approach to child rearing. Inside, you'll discover proven, effective methods for working with your teens.

Over 1 million **Positive Discipline** books sold!

"I highly recommend this book to parents, teachers, and all others who work with young people. It is one of the best books I have seen on helping adults and adolescents turn their conflict into friendship. Remarkably, it shows how to accomplish this while helping young people develop courage, confidence, responsibility, cooperation, self-respect, and trust. I urge you to read it." —**H. Stephen Glenn, Ph.D., coauthor of *Raising Self-Reliant Children in a Self-Indulgent World*.**

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opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Positive Discipline for Teenagers, Revised 2nd Edition: Empowering Your Teens and Yourself Through Kind and Firm Parenting, it is possible to enjoy both. It is great combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout men. What? Still don't obtain it, oh come on its known as reading friends.

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