



Raising Competent Teenagers: . . . In an Age of Porn, Drugs and Tattoos

Dr. Linda Friedland

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Traversing the teen years is tricky and challenging for most parents. Pornography, sex, cyber bullying, body piercing, drug experimentation, and tattoos are all part of adolescent life. *How do you remain an effective, strong, and compassionate parent, able to talk to your children as they become adults?* This hands-on manual contains tools on how to keep up communication with your teen. In *Teenagers* bestselling author Dr. Linda Friedland has distilled the wisdom of prominent parenting educators and her own knowledge as a medical doctor and also a mother of five children, the two youngest still being in their teenage years. Read it from start to finish so you feel empowered and informed as a parent. Or use it as a problem-solver dipping into its wisdom when you find yourself scratching your head, wondering what to do next with your young person. Over 100 issues are discussed and are followed up with practical "what to do" ideas. • Brain and body changes • Parent teen conflict • Implementing rules and family values • Saying no • Narcissism and entitlement • Helicopter and Tiger parenting • Will appeal to parents, teachers, psychologists, and community workers who have teenage or elementary school aged children in their lives • Forward by Michael Grose, global parenting expert.

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