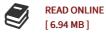


Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship

By Russell A. Barkley, Arthur L. Robin

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship, Russell A. Barkley, Arthur L. Robin, If life with your teen has become a battleground, it's time to take action. This empathic book shows how. Trusted psychologists who have worked with thousands of families give you the tools you need to overcome defiance and get teen behavior back on track. By following the authors' clinically proven 10-step program, learn how you can: *Reestablish your authority while building trust. *Identify and enforce nonnegotiable rules. *Use rewards and incentives that work. *Communicate and problem-solve effectively--even in the heat of the moment. *Restore positive feelings in your relationship. *Develop your teen's skills for becoming a successful adult. Vivid stories and answers to frequently asked questions help you put the techniques into action. The updated second edition incorporates new scientific research on why some teens have more problems with self-control than others. Practical forms and worksheets can be downloaded and printed in a convenient 8 1/2" x 11" size. Mental health professionals, see also the authors' Defiant Teens, Second Edition: A Clinician's Manual for Assessment and Family Intervention. For a focus on younger children,...



Reviews

A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time. -- Jarod Bartoletti

It is an remarkable pdf that I actually have actually read. It really is packed with knowledge and wisdom I am very happy to tell you that this is the finest ebook i actually have go through during my very own life and may be he very best book for actually. -- Hailey Jast Jr.