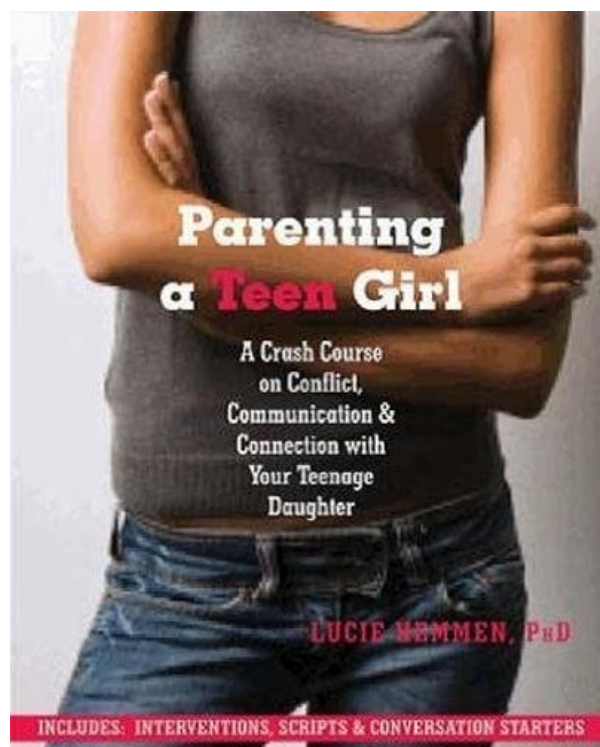
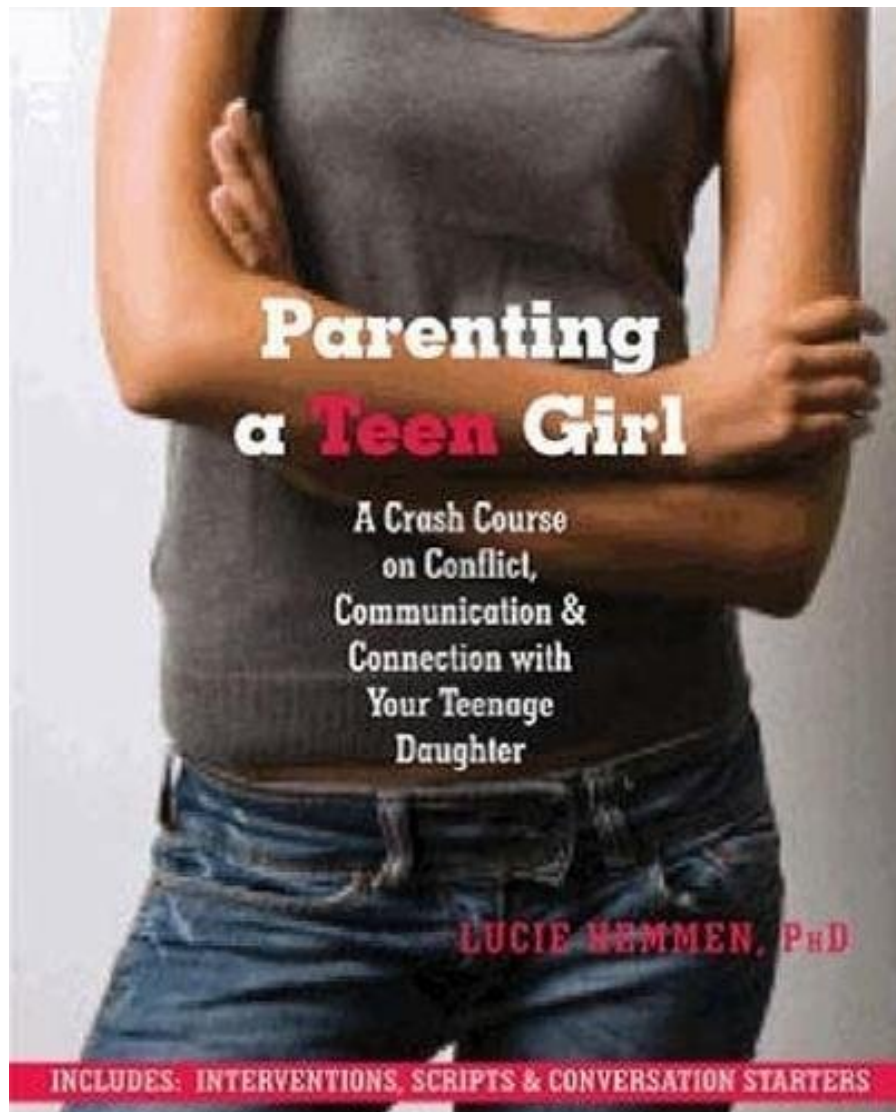


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COURSE ON CONFLICT, COMMUNICATION
AND CONNECTION WITH YOUR TEENAGE
DAUGHTER BY LUCIE HEMMEN PHD**



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It's not easy to be a teen girl, and it's definitely not easy parenting one. Parents everywhere struggle to respond appropriately to challenging behavior, hit-or-miss communication, and fluctuating moods commonly exhibited by teenage girls. More than previous generations, today's teen girls face a daunting range of stressors that put them at risk for a range of serious issues, including self-harming behaviors, substance abuse, eating disorders, anxiety, and depression. Is it any wonder that parents are overwhelmed?

Parenting a Teen Girl is a guide for busy parents who want bottom-line information and tips that make sense—and work. It also offers scripts to improve communication, and exercises to navigate stressful interactions with skill and compassion. Whether your teen girl is struggling with academic pressure, social difficulties, physical self-care, or technology overload, this book offers practical advice to help you connect with your teen girl. Parents and teens alike can enjoy a positive connection once common parent-teen pitfalls are replaced with solid understanding and strategies that work.

In this book, you will learn how to:

- Maximize your teen's healthy development
- Understand what underlies her moods and behavior
- Implement strategies for positive results
- Communicate effectively about difficult issues
- Enjoy and appreciate time with your teen daughter

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- Binding: Paperback
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- Used Book in Good Condition

Review

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Most helpful customer reviews

109 of 117 people found the following review helpful.

Parents Are Guides . . . Not Doormats.

By S. Jensen

This author does make a lot of good points and really does help us to appreciate our girl's point of view. I've learned a lot!

On the other hand, I felt it's teaching us to be a loving, well-disciplined, tongue-biting . . . doormat. The ultimate goal here is to be a safe person to come to - to go from being an authority to being an adviser while our daughters do what they're going to do and trusting that ultimately they're going to ride out the storm and become respectable, responsible people.

Yes - she does talk about saying, "No" and having rules, but to be honest, my stomach was churning when she cited an example of a mom who asked her daughter if she was having sex, and when the answer was "Yes, and I want birth-control pills" - this mom had the "audacity" of looking shocked. The example goes on to tell how the MOTHER had to come back and apologize for not being safe and accepting enough. They resolved things with the mom just standing by and letting her daughter engage in promiscuous behavior (helping get pills and keeping the house "off limits). Great . . .

I'll be honest - I'm still reading, hoping perhaps that I'm going to find something in here that talks about making time to teach values, expecting responsible behavior, and holding our kids accountable to family rules since they are benefiting from parental sacrifices. I also haven't yet found anything about filling our daughter's lives with positive influences/people (church, good books, role models) that can help them start making and benefiting from positive choices sooner than later.

I think sometimes it's just as important to set unpopular boundaries that protect our kids as it is to be "safe." It's a balancing act - and not an easy one.

For example, I have a sister who was homecoming queen who had a boy show up at her bedroom window. My dad was like, "Old Yeller" protecting his daughter. She was mortified, but years later (with an amazing husband and a beautiful family) she's tearfully acknowledged how grateful she was that Dad held the line and was strong for her at perhaps a time of weakness.

Rather than just being a rather passive "adviser" I believe our role is to be more of a guide. Think of a guide in the Grand Canyon saying, "You know, I'd strongly suggest you don't go that way, the bridge is out and there have been rock-slides, but I'll support you and I'm here for you if you choose otherwise."

No - the guide keeps the group together and maps a course through rough terrain. And - yes, the guide might alter course when reasonable requests are made and yes, someone can choose to ignore the guide and go their own way, but the guide's job is to help the group have an amazing adventure safely.

I think it's possible to be a totally safe person to come to without surrendering family rules and values. I think we can send the message, "I love you unconditionally and will sacrifice for your sake to help you find real happiness. I will help you find and support healing, healthy choices. And if you choose destructive behavior, I love you enough NOT to support that."

A string doesn't hold a kite down, it makes it possible for it to fly. Let go of the string and the kite falls to the earth. Holding the line is sometimes (and perhaps often) exactly what our kids need.

I certainly don't have all the answers, but so far, I don't feel like this book does either. I'll update this comment if I find the author has addressed this later. For now, I'm taking what she says with a pretty good-sized grain of salt.

3 of 3 people found the following review helpful.

Help - My Daughter is From Another Planet!!!! A book review of "Parenting a Teen Girl"

By dr. gonzo

Very good book for anyone trying to parent & raise a teenage girl. As a single dad, this has helped me tremendously, knowing that my daughter has lots of inner struggles, peer pressure, self-image issues & more emphasis on what OTHER people (teenagers) are thinking; plus she's caught in that awkward age between a "kid" & an "adult"...hormones aren't the problem, they are there but the big issue is the developing brain. I think every parent of a teenage girl should at least read it & then see how you feel/think about what the author is saying. Personally, I highly recommend it!

3 of 3 people found the following review helpful.

very helpful

By rebecca cohen

I bought this book on my kindle, I think it is the kind of advice/guide book that I will return to often when feeling confused or exasperated. I ordered a teen parenting book before, I forgot the title, but it was not helpful at all and it talked down to me as a parent, as if I hadn't already thought of and tried out the obvious author's suggestions. Like we parents didn't get the nuances.

Lucie Hemmen doesn't do this thankfully. It is very straightforward, clear and helpful!

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