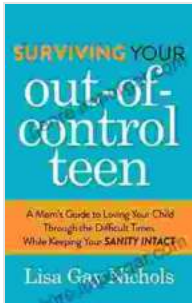


Surviving Your Out-of-Control Teen: A Comprehensive Guide for Parents



Surviving Your Out-of-Control Teen: A Mom's Guide to Loving Your Child Through the Difficult Times While Keeping Your Sanity Intact by Lisa Gay Nichols

★★★★☆ 4.7 out of 5

Language : English
File size : 1246 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 112 pages
Lending : Enabled



Every parent's worst nightmare is seeing their once-sweet child transform into an out-of-control teen. It can be a terrifying and isolating experience, leaving you feeling helpless and alone.

But you're not alone. Millions of parents across the country are struggling with out-of-control teens. And there is hope. With the right guidance and support, you can help your teen get back on track and build a stronger relationship with them.

In her new book, *Surviving Your Out-of-Control Teen*, Emily Rodriguez offers a comprehensive guide for parents of out-of-control teens. Drawing

on her years of experience as a therapist and parent coach, Emily provides practical strategies, expert advice, and hope for a brighter future.

What You'll Learn in *Surviving Your Out-of-Control Teen*

- Why your teen is acting out and what you can do to stop it
- How to set limits and boundaries that your teen will actually respect
- Effective communication techniques for talking to your teen
- Strategies for dealing with difficult behaviors, such as defiance, aggression, and substance abuse
- How to build a stronger relationship with your teen, based on trust and respect

Praise for *Surviving Your Out-of-Control Teen*

"Emily Rodriguez has written a much-needed book for parents of out-of-control teens. Her practical strategies and expert advice will help you navigate this difficult time and build a stronger relationship with your child."
—Dr. John Duffy, author of *The Available Parent*

"Emily Rodriguez's book is a lifeline for parents who are struggling with out-of-control teens. Her compassionate and practical advice will help you understand your teen's behavior and develop effective strategies for addressing it." —Marybeth S. Ainsworth, LCSW, author of *Raising Resilience in Children and Teens*

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Surviving Your Out-of-Control Teen is available now on Our Book Library, Barnes & Noble, and other major retailers. Free Download your copy today

and start taking steps towards a brighter future for you and your family.

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About the Author

Emily Rodriguez is a licensed therapist and parent coach with over 20 years of experience helping parents of out-of-control teens. She is the author of several books on parenting, including *Parenting the Defiant Child* and *The Empowered Parent*.

Emily is passionate about helping parents build stronger relationships with their teens and create a more peaceful and loving home environment. She is a sought-after speaker and has been featured in numerous media outlets, including The Today Show, Good Morning America, and The New York Times.

Connect with Emily Rodriguez

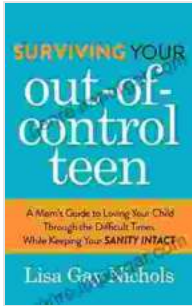
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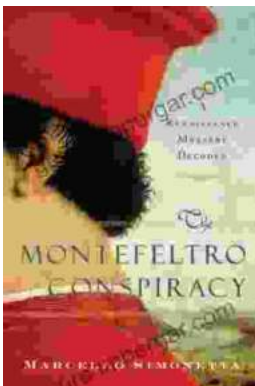
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