



Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds

By Thomas Phelan

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Advice on parenting teenagers from the author of bestselling parenting book *1-2-3 Magic*

From the author of the 1.6 million-copy bestseller *1-2-3 Magic* comes *Surviving Your Adolescents*, which provides clear, practical advice tailored specifically to the challenges of parenting teenagers. Dr. Thomas Phelan is an internationally renowned expert in his field and has broken down the elements of effective parenting into easy-to-understand advice that can work for any family.

In *Surviving Your Adolescents*, parents will learn how to tackle the unique challenges that come with parenting teenagers, including how to more effectively communicate with their teen, how to help their child manage risk, how to let go in certain situations, and when to seek professional advice.

Dr. Phelan's step-by-step approach is a concise, encouraging guide that walks parents through the ups and downs of parenting teenagers, allowing them to help their kids gain confidence and push toward independence.

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Editorial Review

About the Author

Dr. Thomas W. Phelan is an internationally renowned expert, author, and lecturer on child discipline and Attention Deficit Disorder. A registered Ph.D. clinical psychologist, he appears frequently on radio and TV. Dr. Phelan practices and works in the western suburbs of Chicago.

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