



Staying Connected To Your Teenager: How To Keep Them Talking To You And How To Hear What They're Really Saying

Michael Riera

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At last, a book of sage advice that will help frustrated parents reconnect with their teenager and keep that connection even in today's often-crazy world. The first step is simple: realizing that inside every teen resides two very different people—the regressed child and the emergent adult. The emergent adult is seen at school, on the playing field, in his first job, and in front of his friends' families. Unfortunately, his parents usually see only the regressed child—moody and defiant—and, if they're not on the lookout, they'll miss seeing the more agreeable, increasingly adult thinker in their midst. With ingenious strategies for coaxing the more attractive of the two teen personalities into the home, family psychologist Mike Riera gives new hope to beleaguered and harried parents. From moving from a "managing" to a "consulting" role in a teen's life, from working with a teen's uniquely exasperating sleep rhythms to having real conversations when only monosyllables have been previously possible, *Staying Connected to Your Teenager* demonstrates ways to bring out the best in a teen—and, consequently, in an entire family.

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Matthew Ramey:

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Margaret Cardwell:

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Clifford Roselli:

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Raymond Jackson:

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