



Positive Discipline for Teenagers, Revised 2nd Edition: Empowering Your Teens and Yourself Through Kind and Firm Parenting

Jane Ed.D. Nelsen, Lynn Lott

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Positive Parenting for Those Important Teen Years

Adolescence is often a time of great stress and turmoil—not only for kids going through it, but for you, their parents as well. During the teen years, kids aggressively begin to explore a new sense of freedom, which often leads to feelings of resentment and powerlessness for parents who increasingly are excluded from their children's lives. This revised edition of *Positive Discipline for Teenagers* shows you how to break the destructive cycle of guilt and blame and work toward greater understanding and communication with your adolescents. Inside, you'll:

- Find out how to encourage your teen and yourself
- Grow to understand how your teen still needs you, but in different ways
- Learn how to get to know who your teen really is
- Discover how to develop sound judgment without being judgmental
- Learn how to use follow-through—the only surefire way to get chores done

Over the years, millions of parents have come to trust the classic **Positive Discipline** series for its consistent, commonsense approach to child rearing. Inside, you'll discover proven, effective methods for working with your teens.

Over 1 million **Positive Discipline** books sold!

"I highly recommend this book to parents, teachers, and all others who work with young people. It is one of the best books I have seen on helping adults and adolescents turn their conflict into friendship. Remarkably, it shows how to accomplish this while helping young people develop courage, confidence, responsibility, cooperation, self-respect, and trust. I urge you to read it." —**H. Stephen Glenn, Ph.D., coauthor of *Raising Self-Reliant Children in a Self-Indulgent World*.**

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