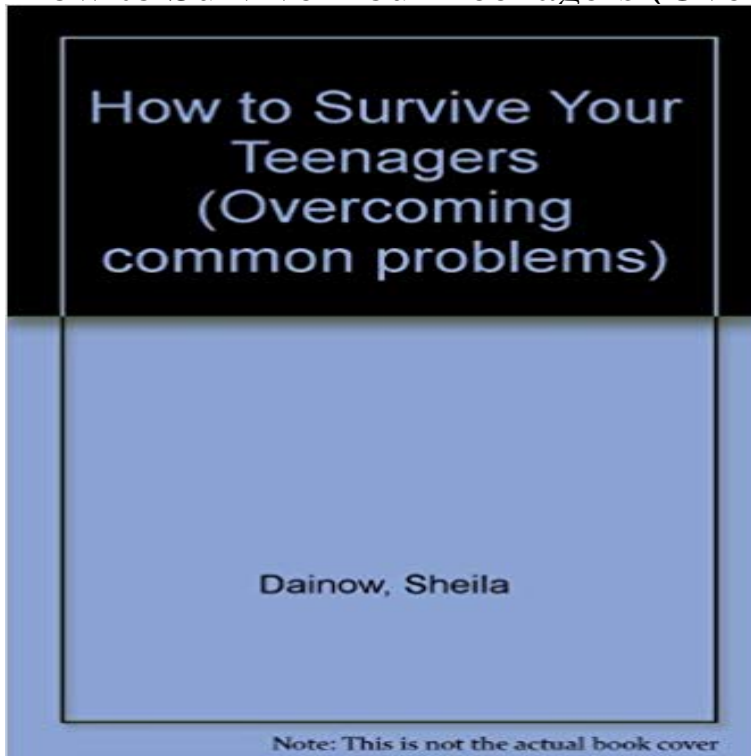


## How to Survive Your Teenagers (Overcoming common problems)



A self-help guide advising parents how to deal with the problems arising when teenagers refuse to co-operate at home, have difficulties at school and fill the house with friends you don't approve of. It also gives practical strategies for those constant points of conflict - sex, money and drugs. Advice is offered on how to build a relationship between parent and child, and how parents can cope assertively, recognizing their own needs and rights. An up-to-date chapter on teenagers and the law is featured, and also exercises for relaxation and positive thinking.

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