

## Raise a Happy Teenager: Teach Yourself: 2010



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### ***Reviews***

*This pdf can be worthy of a read, and much better than other. I am quite late in start reading this one, but better then never. Its been printed in an remarkably easy way which is merely following i finished reading this book by which basically changed me, alter the way i think.*

***(Nedra Kiehn)***

## RAISE A HAPPY TEENAGER: TEACH YOURSELF: 2010



Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Raise a Happy Teenager: Teach Yourself: 2010, Suzy Hayman, Is this the right book for me? Raise a Happy Teenager: Teach Yourself gives you advice and encouragement to help you manage your child's adolescence and turn these years of conflict into happy, hopeful times. It shows you how to improve communication with your teenager, giving you the insight to tackle all the areas of conflict calmly and confidently, and helping your child become a strong, independent adult. Written by a leading counsellor who has trained as a teacher and worked with hundreds of teenagers and families like yours, it also offers plenty of real-life stories and sources of further help for anxious or concerned parents. Raise a Happy Teenager includes: Chapter 1: The change from child to adolescent Chapter 2: What do teenagers need? Chapter 3: Understanding teenage behaviour Chapter 4: Communication Chapter 5: Listening and talking, negotiating and compromising Chapter 6: Whose problem is this? Chapter 7: Points of conflict Chapter 8: Helping your teenager to fly Chapter 9: Looking after yourself Teach Yourself methods: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the authors' many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you richer guidance through your child's teenage years. Things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what you've learnt and how to use it.



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