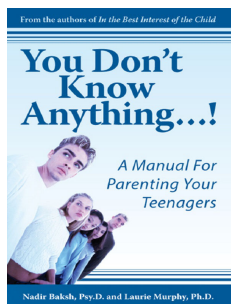


# FITNESSNECTAR.COM Ebook and Manual Reference

## YOU DON T KNOW ANYTHING EBOOKS 2019



Author: Nadir Baksh u0026 Laurie Murphy

Realese Date: Expected @@expectedReleaseDate@@

Help Your Teenagers and Yourself to a Saner, Safer Life. This book offers immediate and clear help to parents, family members and teachers who are angry, confused, frustrated, sad, or at their wit's end in dealing with their teenagers. Topics include: □ Understanding the real anxieties of 21st-century teenagers □ Creating and maintaining boundaries (and consequences) that work □ What to do about lying and manipulation □ Sex, drugs and rock 'n roll – their choices and your guidance □ Maximizing their safety in: driving, working, use of the Internet ... etc. □ Helping kids cope with societal and peer pressures The blinders have been on long enough! This book allows readers to see exactly what is going on in teenagers' thoughts, actions and lives, and offers workable ways of dealing with behavioral issues. – Susie Emerson, R.N. With strong conviction, the authors present compelling reasons for establishing a solid parental presence in the life of our children. As parents of four, we found this book to provide direct and practical advice. Readers will walk away feeling more competent, capable, and definitely well supported in their role as parents. – Dominick Scotto, STM (Sacred Theology), MSW, high school teacher; and Pandora Scotto, MSW, LCSW This concise treatise on the highly emotional, chaotic and downright frightening teenage years defines and enumerates the responsibilities and actions of both parents and teenagers; it is easily read and eminently useful. – John Blackard, D.D.S. This book gives parents a no-holds-barred approach to keeping a step ahead of their teen, and by that I mean keeping them safe, establishing boundaries, and enforcing rules until they develop the proper skills necessary for independence. – Uwe W. Geertz, Ph.D., Professor of Psychology

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