

Revised 2nd Edition

# POSITIVE DISCIPLINE FOR TEENAGERS



Empowering Your Teen  
and Yourself Through  
Kind and Firm Parenting

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## Introduction

### ?Positive Parenting for Those Important Teen Years

Adolescence is usually a time of outstanding pressure and turmoil now not most effective for youngsters going via it, but for you, their dad and mom as nicely. During the youngster years, children aggressively begin to explore a new feel of freedom, which often ends in feelings of resentment and powerlessness for parents who increasingly more are excluded from their teenagers lives. This revised edition of **Positive Discipline for Teenagers** indicates you the way to interrupt the destructive cycle of guilt and blame and paintings towards greater information and communicate with your youngsters. Inside, you'll:

- Find out how to inspire your youngster and your self
- Grow to recognize how your teen nevertheless desires you, however in special methods
- Learn how to get to recognize who your youngster sincerely is
- Discover how to increase sound judgment without being judgmental
- Le

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