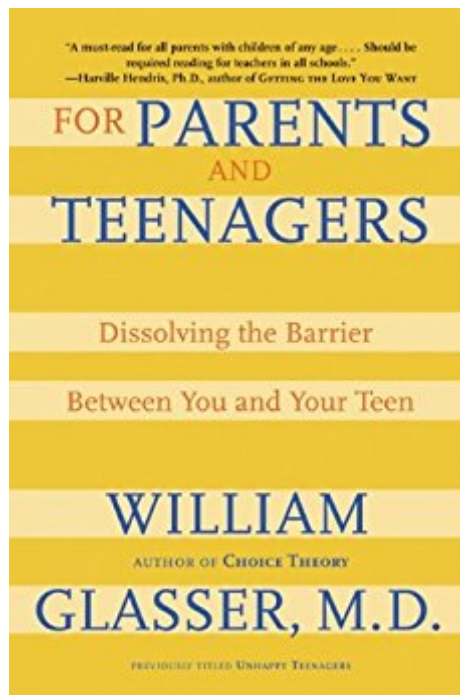




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# For Parents And Teenagers: Dissolving The Barrier Between You And Your Teen



## Synopsis

The author of Choice Theory and Reality Therapy offers a powerful approach for helping troubled teens. In his decades as a therapist, Dr William Glasser has often counselled parents and teenagers. His advice has healed shattered families and changed lives. Now in his first book on the lessons he has learned, he asks parents to reject the 'common sense' that tells them to 'lay down the law', ground teens, or try to coerce them into changing behaviour. These strategies have never worked, asserts Dr Glasser, and never will. Instead he offers a different approach based upon Choice Theory. Glasser spells out the seven deadly habits parents practise and then shows them how to accomplish their goals by changing their own behaviour. Above all, he helps parents keep their relationship with their child strong. Dr Glasser provides a groundbreaking method that any parent can use with confidence and love.

## Book Information

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## Customer Reviews

Very interesting approach. Parents need to instill in themselves the ability to listen and observe their child with an open mind. Try to remember what it was like being young and trying to find yourself it

wasn't always easy. Glasser gives you that insight and strategies that help build relationships instead of breaking them down.

Breaks it down. I appreciate this book a lot. It repeats itself a little if you own the Choice Theory book but it's okay because it dissects the interaction with the teenager down a little bit more

Wonderful book! Informative and insightful!

Clear and honest approach. Recommended for every professional who is involved with children and parents, helped me in my personal and professional life.

Fabulous, a rare guide for stressed parents. I wish I had it in 1960 when my oldest was 15? Clear, deceptively simple, effective. What more to say?

I am a psychologist & work a lot with teens. I attended a couple of workshops with Dr. Glasser and really like choice theory/reality therapy. I found this book to be very interesting & accessible. The first couple of chapters in this book are about his approach/philosophy and the rest of the chapters are case studies with the approach in action. This book & Dr. Glasser's approach resonates with me a lot. I use it in my own relationships, including my marriage & in parenting. Also, I use this in therapy with my clients, and I often recommend this book to parents. While I don't agree with everything in it, and Dr. Glasser can be a bit extreme in his views on some things, there is much wisdom in this book that can help us all build and maintain healthy relationships, which are central to our happiness and effective parenting.

I use choice theory effectively every day with a difficult population of teenagers. The ideas are fairly simple but it can be difficult mostly because we are so good at coercion that it is easy to not notice when doing it, and because it seems adults are often place the priority of immediate behavior above building a trusting relationship and helping the teens develop the ability to make good choices even when adults are not checking up on them.

Purchased this book as recommended by a counselor for a 16 year old. Learning the 7 deadly habits of external controls that destroys relationships and the 7 connecting habits is such a game changer in working with angry or difficult teens. Excellent book.

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