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Parenting a Teen Girl: A Crash Course on Conflict, Communication and Connection with Your Teenage Daughter

By Lucie Hemmen

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Parenting a Teen Girl: A Crash Course on Conflict, Communication and Connection with Your Teenage Daughter, Lucie Hemmen, It's not easy to be a teen girl, but it's even harder to parent one. Parents everywhere struggle to respond appropriately to the defiant behaviour, confrontational or non-existent communication, and mood swings commonly exhibited by teenage girls. This population faces a unique range of body image issues and psychological vulnerabilities that put them at increased risk for depression, eating disorders, self-injury, anxiety, and mental health conditions. Written by the mother of two teenage girls who is also a licensed clinical psychologist, Parenting a Teen Girl is a parent's survival guide to navigating this challenging time. This workbook offers parents the skills, exercises, and scripts they need to rebuild communication with their daughters and build the foundation for greater cooperation and connection in the future. Unlike similar books, which merely serve as frightening exposes of bad teen behaviour, this book provides parents with concrete tools and tips they can use right away to decrease their anxiety, increase understanding in the parent-teen relationship, and become more successful in communicating with their teen daughters. The book...



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