



Teenagers Translated: How to Raise Happy Teens

Janey Downshire, Naella Grew

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Teenagers Translated: How to Raise Happy Teens Janey Downshire, Naella Grew

The teenage years are acknowledged to be the most testing stage of parenting – when well-mannered and obedient children can transform into rude and rebellious teens. However, parenting a teen doesn't have to be a battle, and counsellors Janey Downshire and Naella Grew have developed a programme to help parents get the best out of the teenage years.

Their approach is positive and straightforward, providing simple strategies for nurturing better behaviour and providing a happy, supportive home environment.

The book will tackle:

- How to help teens feel supported and secure
- Strategies for improving communication
- Dealing with digital technology and media influences
- Ways to encourage self-confidence and independence
- Coping with challenging behaviour, attitudes and pastimes
- Plus: drinking, drugs, smoking, sex, porn, video games, bullying, peer pressure, loneliness and eating disorders

This book provides a positive, enthusiastic and inspiring approach to the teenage years, showing how parents can help their teens develop the skills they will need for a happy adult lives.

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Stephen Porter:

Spent a free time to be fun activity to try and do! A lot of people spent their free time with their family, or their friends. Usually they undertaking activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? May be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled Teenagers Translated: How to Raise Happy Teens can be great book to read. May be it may be best activity to you.

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completely new stage of crucial thinking.

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