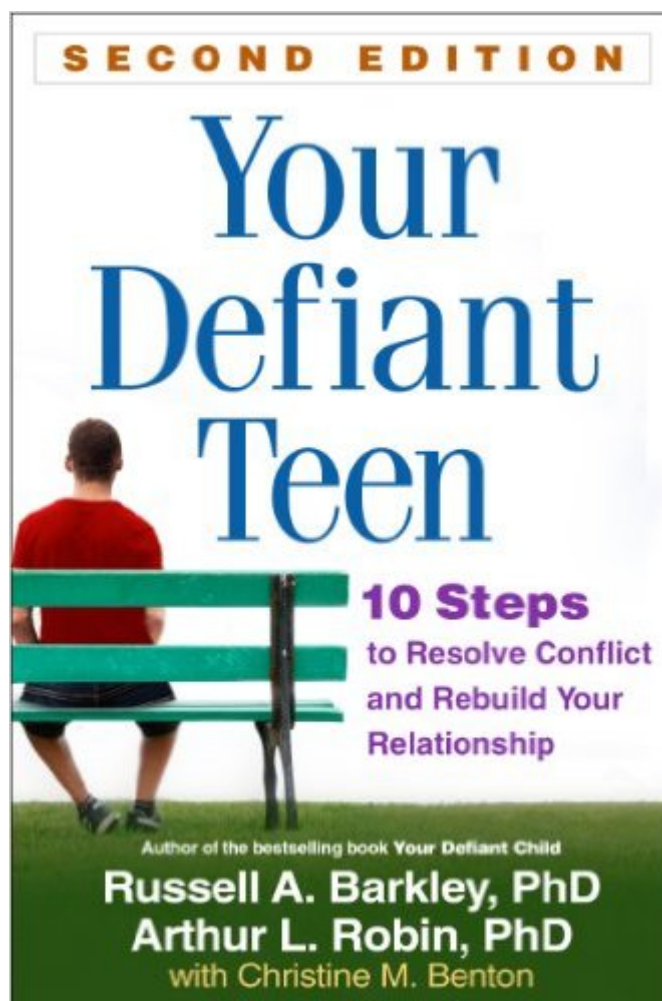


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# Your Defiant Teen, Second Edition: 10 Steps To Resolve Conflict And Rebuild Your Relationship



## Synopsis

If life with your teen has become a battleground, it's time to take action. This empathic book shows how. Trusted psychologists who have worked with thousands of families give you the tools you need to overcome defiance and get teen behavior back on track. By following the authors' clinically proven 10-step program, learn how you can: • Reestablish your authority while building trust. • Identify and enforce nonnegotiable rules. • Use rewards and incentives that work. • Communicate and problem-solve effectively--even in the heat of the moment. • Restore positive feelings in your relationship. • Develop your teen's skills for becoming a successful adult. • Vivid stories and answers to frequently asked questions help you put the techniques into action. The updated second edition incorporates new scientific research on why some teens have more problems with self-control than others. Practical forms and worksheets can be downloaded and printed in a convenient 8 1/2" x 11" size. Mental health professionals, see also the authors' *Defiant Teens, Second Edition: A Clinician's Manual for Assessment and Family Intervention*. For a focus on younger children, see also Dr. Barkley's *Defiant Children, Third Edition* (for professionals), and *Your Defiant Child, Second Edition* (for parents).

## Book Information

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## Customer Reviews

Thinking I was a connected and consistent parent - I picked up this book a while back hoping to gain some better strategies in handling my outgoing and impulsive teen son. There's always room for parenting improvement. Based on our own personal experience, I would also encourage any

parent who is having sudden relationship issues with their teen to also look for the warning signs of drug use (i.e. marijuana, etc.). I was in denial about this, but now (in hindsight) can say this had contributed heavily to my teen's defiant behavior for over a year. He had been an outgoing, highly academic, geeky middle schooler and turned into a freshman nightmare after starting to mix with the wrong crowd in a well regarded, high-achieving high school. Thankfully we are now on the road to a better and honest relationship. He had admitted to making some wrong choices but now is making genuine effort to make better decisions including choosing good friends-people who lift you up and make you a better person. Suffering some natural consequences was hard to watch, but necessary. In some cases, counseling and outside help is needed. I would recommend asking your pediatrician, counselor, pastor or trusted friend for a referral. **RECOMMENDATION:** I would recommend this book along with another by a different author, SEAN COVEY, "The 6 Most Important Decisions You'll Ever Make"

A very helpful resource. From cover to cover it is jam packed full of great insights and really practical advice when applied help to turn around a defiant teen. A must read even if you don't have a problem with defiance. The advice is applicable to all children.

What a kind, compassionate book! While my child is not defiant by anyone else's definition, he was by his school principal's rigid terms. I thought I would read this book to see if I could understand the principal's viewpoint more, and help resolve the impasse between him and my son. The book instead affirmed my sense: My son's peaceful, honest way is just fine. The challenge at school is with the principal's rigidity and desire to overpower vs relate. At the same time, I found the book very helpful for me personally, as it made clearer for me that I need to be that much more open, flexible, available, and affirming as my son transitions through his teens. It gives concrete tips for doing so, helping me focus more on ensuring specific strategies are in place. The book recognizes that teens are moving "naturally and healthily" into a time in which they still need support, yet also need increasing amounts of personal power, such that some degree of (nonharmful) "defiance" is actually positive. I also really like that it acknowledges the additional challenges that may be present for kids with neurological differences such as ADHD. I sure appreciate this book! Submitted by J Madriga, author of *Rising: Strategies for the Broke, the At-Risk, and Those Who Love Them*

It has been one of the most useful books that I have ever read. This has giving me not only the right approach but has brought positive results.

Well-written and on-point!

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