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Surviving Adolescents

By Michael Carr-Gregg

Penguin Aus., 2005. Paperback. Condition: New. 1. Young people today enter puberty earlier than ever before and leave home later. The good news is that teenagers aren't impossible to live with, especially if parents adopt the common-sense strategies set out in this book. Dr Michael Carr-Gregg is one of Australia's leading authorities on teenage behaviour. *Surviving Adolescents* is a clear and very down-to-earth manual, drawing on his wealth of experience and wisdom. It has advice on all the thorny issues that confront families with teenagers: sexuality, risky behaviours, laziness, school and study problems, and much more. And it is full of practical tips for everyday survival, including: communicating effectively with young people defusing family conflict setting limits keeping the stress of parenting at bay avoiding common mistakes like fighting over things that don't matter *Surviving Adolescents* is the sensible, sanity-saving guide every household needs. Paperback.



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