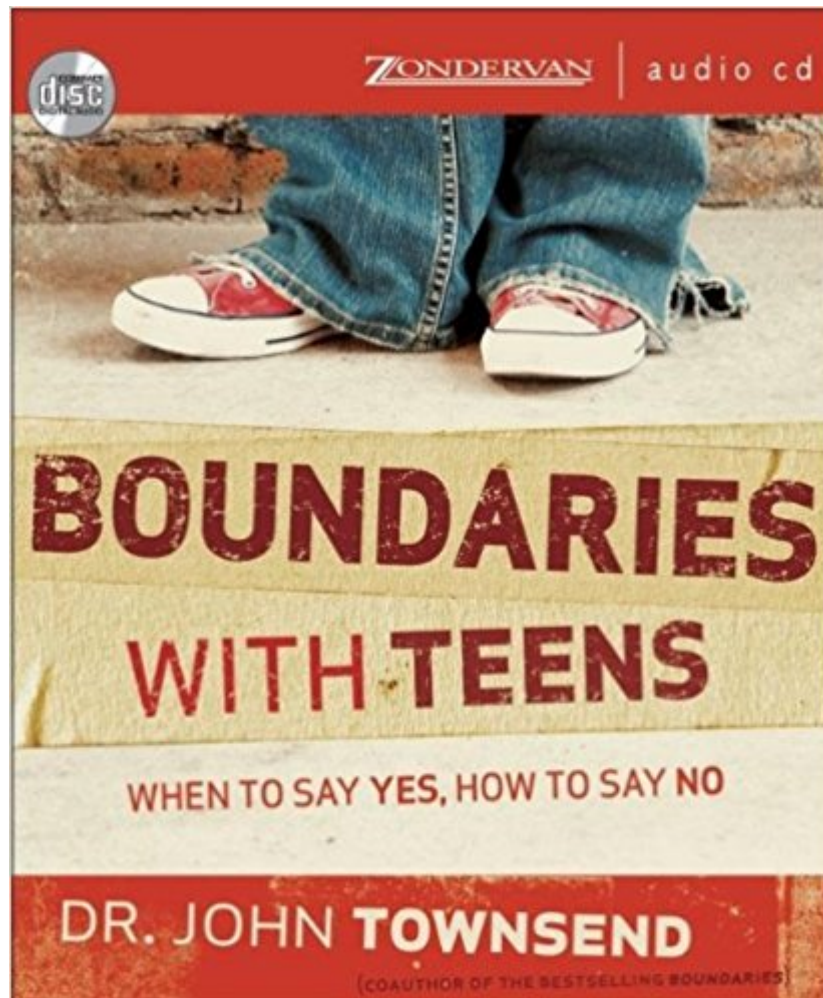




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Boundaries With Teens: When To Say Yes, How To Say No



Synopsis

Helping Your Teen Be Responsible and Responsive The teen years can be challenging and even scary for parents and those involved with youth. Attitudes and behaviors of the adolescent can be unhealthy for him and for the family. However, good boundaries are the bedrock of not only better relationships, but also maturity, safety, and growth---especially for teens and their parents. In order to help teenagers grow into healthy adults, parents and youth workers need to help them experience how to take responsibility for their behavior, their values, and their lives. Dr. John Townsend, coauthor of the Gold Medallion Award-winning book *Boundaries*, is a parent of two teenagers himself. With wisdom and empathy, he applies his biblically based principles to bear on the challenging task of the teen years, showing parents:

- * How to deal with disrespectful attitudes and irresponsible behaviors in your teen
- * How to set healthy limits and realistic consequences
- * How to be loving and caring while establishing rules
- * How to determine specific strategies to deal with problems both big and small

The book begins by giving parents a way to look at adolescence itself, so they can better understand how a teen thinks, feels, and relates to others. Then it provides the nuts and bolts of what boundaries are all about and how to apply them. There are many topically based chapters devoted to specific problems, from moodiness to school problems to aggression. Finally, Townsend addresses the attitudes, conflicts, and difficulties of parents themselves, helping them resolve their own personal obstacles to being an effective maturing force for the teen. Also available on unabridged audio CD, read by the author.

Book Information

Audio CD

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Customer Reviews

Teenagers! You love them to pieces ... but sometimes you feel like the pieces are falling apart Relax! Your sanity will survive these rocky teenage years, and so will your teens---provided you set healthy boundaries that work to their benefit and yours. Boundaries with Teens shows you how. From bestselling author and counselor Dr. John Townsend, here is the expert insight and guidance you need to help your teens take responsibility for their actions, attitudes, and emotions and gain a deeper appreciation and respect both for you and for themselves. With wisdom and empathy, Dr. Townsend, a father of two teens himself, applies biblically based principles for the challenging task of guiding your children through the teen years. He shows you how to: * deal with disrespectful attitudes and impossible behavior in your teen * set healthy limits and realistic consequences * be loving and caring while establishing rules * determine specific strategies to deal with problems both big and small Discover how your teenager thinks. Learn how to apply biblical principles to specific problems. Boundaries with Teens can help you establish wise and loving limits that make a positive difference in your adolescent, in the rest of your family, and in you. --This text refers to an out of print or unavailable edition of this title.

Dr. John Townsend is a psychologist, popular speaker, and cohost of the nationally broadcast New Life Live! radio program, and a cofounder of Cloud-Townsend clinic and Cloud-Townsend Resources. His bestselling books include the Gold Medallion Award-winning Boundaries. Website: www.drtownsend.com Blog: [facebook.com/drjohntownsend](https://www.facebook.com/drjohntownsend) SPANISH BIO: Dr. John Townsend -- El Dr. John Townsend es un popular conferencista y un famosísimo autor de éxito de ventas. Es graduado de psicología clínica en Rosemead Graduate School of Psychology de Biola University. Además es coautor de numerosos libros incluyendo el ganador de la Medalla de Oro Límites. él es coanfitrión del programa radial emitido a nivel nacional New Life Live!

I read the chapter on step parents and I felt the chapter did not hit on what step parents go through or how to manage the family. I was very disappointed

Excellent resource for families, not just with teens, but for anyone looking to develop a stronger personal voice and to lovingly and firmly use that voice. My husband and I are reading this together and it is shifting the language in our home and how we engage with all our children. We especially like the electronic book since we can read it anywhere, anytime.

This may be my third boundaries book and each has been immensely helpful. This is helpful -

parenting teens is not easy...neither is it always fun (it can be tho!)...help is always welcome!

Buy it. Read it. Use a highlighter. Excellent book.

Our youth pastor recommends this highly to all teen parents. I haven't listened to it yet, I will update after I do. I have read snippets and liked what I read so far. We all need as many tools for these teens as we can get these days !

Incredibly helpful. I have 2 teenagers and I so badly want to raise them to be healthy, wise and spiritually grounded. This book as have all the other "Boundaries" books given me hope and tools to give my kids what I missed growing up and yet cannot purchase, work for or will to them but must learn myself and then implement. Thank you...these teen years are the hardest so far, so I need all the help possible.

Este es el libro que usted estaba esperando para aprender como tratar con sus adlolescentes.

I love this book! It gives many good suggestions to the parents. I am actually still reading it, so far so good.

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