



## Living with Your Adolescent, Parent Booklet

*Janet Cotter, Trevor Overton*

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There are few greater challenges in life than living with your adolescent. They make you laugh, they make you cry; you want to hug them, you want to wring their necks (oops!); you want to keep them close and safe, you want kick them out and get your life back; they make you proud, they make you cringe with embarrassment; they can be understanding and supportive, yet the next minute you feel you want to tear your hair out. This book will: boost your confidence as a parent, provide practical ideas to help you today, and strengthen your parent/adolescent relationship for the future.

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