



Dial Down the Drama: Reducing Conflict and Reconnecting with Your Teenage Daughter--A Guide for Mothers Everywhere

Colleen O'Grady

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"The teenage years don't have to be defined by conflict. Dial Down the Drama gives moms practical solutions grounded in neuroscience that transform the eye rolls and one-word answers into healthy relationships with their daughters. I highly recommend it." -Jack Canfield, Co-Author, Chicken Soup for the Mother Daughter Soul (R) One moment your daughter is fun-loving and energetic-a pleasure to be around. The next she's sulking in silence, or worse, screaming and slamming the door. Congratulations, you're the mother of a teenage girl. Your daughter is on an emotional roller coaster. Responding in kind just adds fuel to the fire and erodes your relationship. Teens need a stable anchor-a mom who calmly de-escalates scenes and parents intentionally, even when her child is pushing away. Written by a popular family therapist, Dial Down the Drama reveals how to reclaim your center and reconnect with your teen. It helps you: Regain perspective * Break the cycle of conflict * Tune in to your daughter without drowning in her drama * Foster spontaneous conversations * Understand the developing adolescent brain and how it influences behavior * Appreciate her for who she is now-a wonderful, work in progress * Replace worrying and overreacting with effective communication and action * Forge a healthy and lasting bond together Moodiness, anger, and defiance can stress the best of us. This empowering guide gives you the tools you need to defuse the drama-and dial up the joy.

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Danica Martinez says

I think the "How to Like Your Daughter Again" chapter really elevated this book from a run of the mill parenting book to something special for me. I also liked that it wasn't a discipline-focused book in the tone of "if she disrespects you once, then let her know who's in charge." The authoritarian style just doesn't work with my daughter, and a surprising number of books on tween/teen parenting overly focus on crime and punishment. This one doesn't focus heavily on discipline, but I imagine that better behavior and a better mother/daughter will be a possible outcome for those who follow the author's suggestions.
