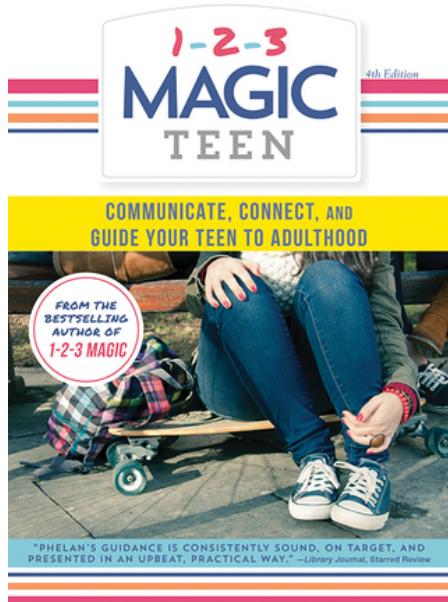


THOMAS W. PHELAN, PhD



1-2-3 Magic Teen: Communicate, Connect, and Guide Your Teen to Adulthood

Thomas W. Phelan

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1-2-3 Magic Teen: Communicate, Connect, and Guide Your Teen to Adulthood

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Help your teens grow into the very best versions of themselves!

From rule-breaking and risk-taking to defensive communication and disrespect, parenting a teenager can feel like modern warfare--but it doesn't have to be that way. In *1-2-3 Magic Teen*, internationally renowned parenting expert Thomas W. Phelan explains how to better understand your teenager, which problems are not worth fighting over, and why your child's behavior likely matches the definition of a normal adolescent! With helpful, straightforward advice backed up by research and parent-tested strategies, *1-2-3 Magic Teen* will help you establish a calmer, more respectful home and family life and show you how to guide your teenager into healthy, functional young adulthood.

- Learn the Language: Communicate with open and engaging language, and listen to your teenager the right way.
- Establish Expectations: Learn how to set limits while still encouraging independent decision-making and helping your child develop their emotional intelligence.
- Stay in Touch: Allow your teen to open up to you in more meaningful and inclusive ways through four simple connection building strategies.'
- Take Care of Yourself: Take time to maintain your own emotional well-being to avoid allowing your own anxieties and stresses to influence your children

You'll also find tools and advice tailored for the challenges of a teen lifestyle, including:

- Forgetting to do chores
- Absence in family outings
- Drop in grades
- Missed curfews
- Parties and drinking
- Work responsibilities

The author of the million-copy parenting bestseller *1-2-3 Magic* applies his time-tested, trusted advice in this straightforward, encouraging guide that walks parents through the ups and downs of teen life, allowing them to help their kids gain confidence and push toward independence.

1-2-3 Magic Teen: Communicate, Connect, and Guide Your Teen to Adulthood Details

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From Reader Review 1-2-3 Magic Teen: Communicate, Connect, and Guide Your Teen to Adulthood for online ebook

Brooke Waite says

Some helpful advice here for parents of teenagers. As a parent pretty inexperienced in teenage-land this helped to reaffirm the fact that my teenager is nothing out of the ordinary...the irritability, lack of motivation to do much of anything other than get together with friends, the new sense of privacy and distancing from family etc.

I especially enjoyed the part about our roles as parents (observer, adviser, negotiator and director) without arguing and nagging because that doesn't help anyone. Also some guidelines on what is minor vs. major behavior and how to handle that appropriately.

I feel like this would be a good starting point for any parents of tweens and teenagers. It remained pretty objective and didn't include much by way of religious values or standards which if that is important you would need to do more reading...

Jen says

Great way to remind myself what's going on w/my teens and remember to exhale.
Practical and sensible.

Brenda says

Great book! Easy to read and full of helpful ideas and perspectives on handling teenage children. I have a lot of experience with teens and this really spells it out well. I found it so interesting that I read the whole book in one day. I think every parent should have a copy!

Denise says

I received a free advance readers copy from the publisher, Sourcebooks, and this had no bearing on my review. Where was this book when I was rearing two teenagers? This was well written in clear, understandable terms. I liked that the author did not claim to know all of the answers and appropriately suggested professional interventions. While you could probably never get that teenager to read this book, it certainly would be helpful. I plan to share this book with family members when their children reach the tween years.

Samantha Gunning says

I won this book via Goodreads First Reads Giveaway. I received a paperback copy.

Sue Trav says

Very similar material to the Parenting Without Power Struggles course I took. I really liked some of the material that was covered especially the four main roles as parents. There are some good strategies on rating the behaviour/issue on a scale of 1 - 100 to put things into perspective that is useful. Good reminders about active listening skills that can be applied to all relationships (not just with teens).

Elaine says

I'm 32 and a full-time stepmom to a 14 yr old boy so I did a lot of reading about parenting 8 years ago when I married. This was a good refresher but nothing new which isn't surprising considering the relationship between teens and parents has changed much in a hundred years! If you're new to parenting books this is a good place to start.

Julie Brock says

Solid, helpful, just not quite as *magical* as the 1-2-3 books for parents of younger kids. :) It's worth a read, though, definitely.

SahooraQ says

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