



Be a Powerful Parent: While Empowering Your Teen: How to Confront the Challenges Teen's and their Parent's Face Today, in a Rushed World of Illusions

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No one can disagree that the teenage years are some of the most confusing and stressful years a human will ever experience. These years can also be very fun, rewarding, and unique in many ways! This time period is defined by growth, change, questions, and some conflict. The parents of teens are their greatest ally and source of social support. Even though teens and parents both feel that they can be at odds, the conflict comes out of love. A parent only wants what's best for their child. This book includes advice for navigating the challenges these years can bring for both teens and their parents. The book includes personal stories from my own troubled teenage years. The book's unique perspective is due to the mixture of my life experiences and professional experiences as a social worker and nurse. Many of my own quotes are also included. These will help you to remain positive through difficult times and situations. The book touches on topics such as self-esteem, family conflicts, school, drugs, and sex. I will show parents how to empower your teenager through helping them to discover their unique talents and strengths. You are sure to have a new perspective of teenagers and parenting after reading this powerful book!

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