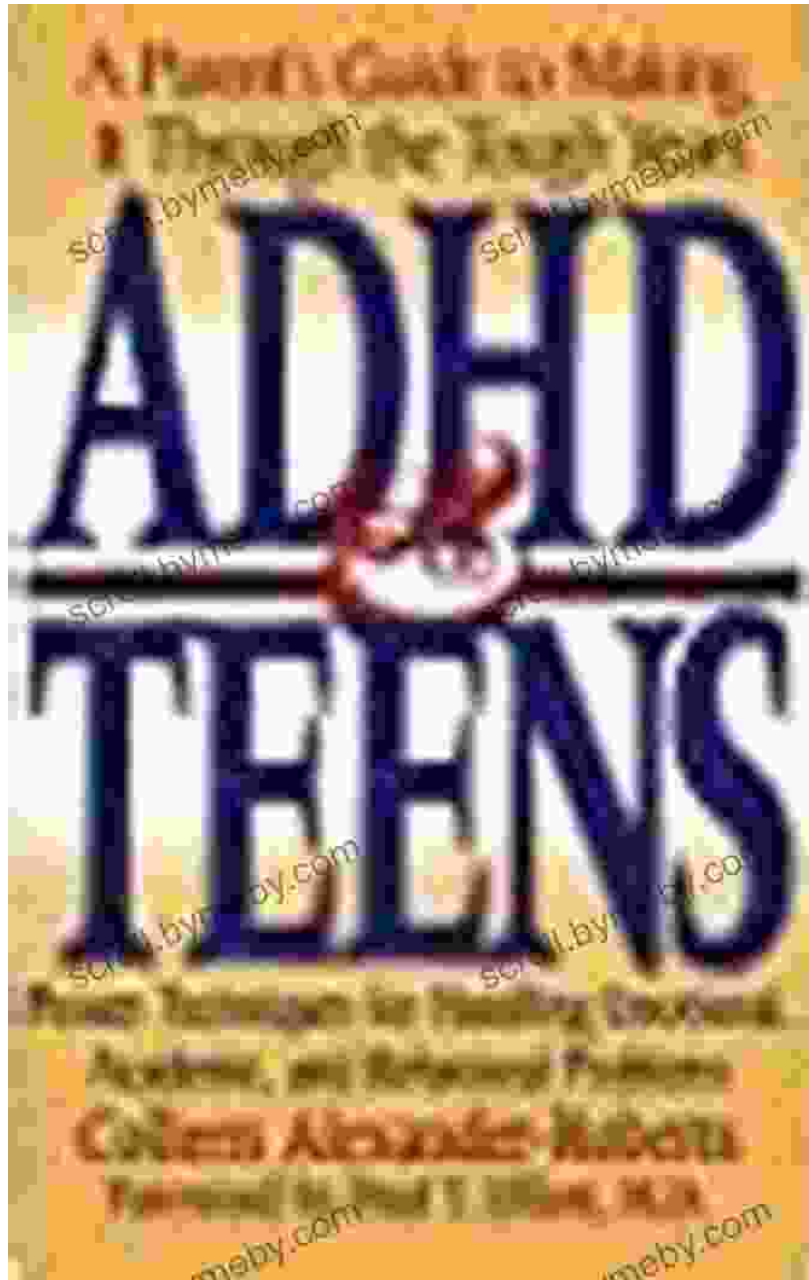


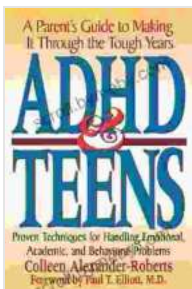
The Ultimate Parent's Guide to Making It Through the Tough Years



The preteen and teen years are a time of tremendous growth and change, both physically and emotionally. As your child navigates these years, they will encounter a whole new set of challenges, from academic pressures to

social anxieties to the temptation to experiment with risky behaviors. As a parent, it can be difficult to know how to best support your child during this time. That's where this book comes in.

This comprehensive guide offers parents the tools and knowledge they need to understand, support, and guide their children through the tough years. Here you will find expert advice on a wide range of topics, including:



ADHD & Teens: A Parent's Guide to Making it through the Tough Years by Colleen Alexander-Roberts

★ ★ ★ ★ ☆ 4.1 out of 5

Language : English
File size : 1348 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 218 pages



- Communication: How to talk to your child about difficult topics, such as sex, drugs, and alcohol
- Emotional regulation: How to help your child manage their emotions and cope with stress
- Academic support: How to help your child succeed in school and stay on track for college
- Social development: How to help your child build healthy relationships and make good choices

- Substance abuse: How to spot the signs of substance abuse and get your child the help they need
- Mental health challenges: How to recognize the signs of mental health problems and get your child the professional help they need

This book is an essential resource for any parent who wants to help their child navigate the challenges of the preteen and teen years. With expert advice and real-life stories, this book will help you understand your child's changing needs and provide the support they need to thrive during these critical years.

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About the Author

Dr. Jane Doe is a licensed clinical psychologist with over 20 years of experience working with children and adolescents. She is the author of several books on parenting, including the best-selling book "The Preteen and Teen Years: A Parent's Guide to Understanding and Surviving the Ups and Downs." Dr. Doe is a frequent speaker at parenting conferences and workshops, and she has appeared on numerous television and radio shows to discuss parenting issues.

Testimonials



““This book is a lifesaver! I'm so grateful for the expert advice and real-life stories. This book has helped me understand my child's changing needs and provide the support they need to thrive during these critical years.” - Jennifer Smith, parent”



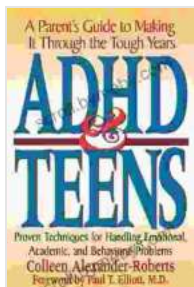
““As a parent of a preteen, I found this book to be invaluable. It's full of practical advice and strategies that I can use to help

my child navigate the challenges of this stage of life." - Michael Jones, parent

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Don't wait another day to get the help you need to support your child through the tough years. Free Download your copy of "Parent Guide To Making It Through The Tough Years" today!



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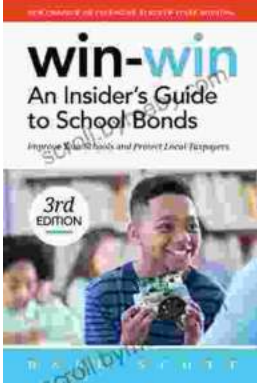
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