



# **Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love**

*Scott P. Sells*

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Every teenager rebels against authority at some point--talks back, breaks curfew, or disobeys. But literally millions of teens take their rebellion to a point where it disrupts their families and endangers their own futures or even their lives. If one of these teens is yours, you've probably lived through years of conflicting advice and pat solutions that don't last. Finally, this breakthrough guide from a master therapist will show you the seven steps to positive, permanent change for you and your teenager:

1. Learn the real reasons for teen misbehavior.
2. Make an ironclad contract to stop that behavior.
3. Troubleshoot future problems.
4. End button-pushing.
5. Stop the "seven aces" -- from disrespect to threats of violence.
6. Mobilize outside help.
7. Reclaim lost love within the family.

Clear, compassionate, and packed with real-life solutions to real-life problems, this book gives parents the tools they need to turn their families' lives around for good.

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