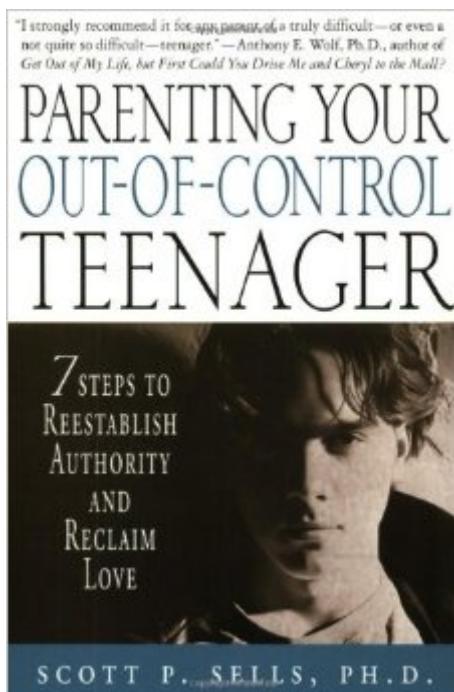


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# Parenting Your Out-of-Control Teenager: 7 Steps To Reestablish Authority And Reclaim Love



## **Synopsis**

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, *Parenting Your Out-of-Control Teenager* gives parents the tools they need to turn their families' lives around for good.

## **Book Information**

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## **Customer Reviews**

Your teen is living in a storm of hormones and temptations. You have to be the rock in the storm. I have read all the popular books on problem teens and this one is the best by far. His advice on how to handle the seven aces is practical and works! It was my favorite part as previously I had no idea what to do. I did not do the contract. I made a list of rules and consequences if the rules were broken. Re other reviews, I don't think there is anything Gestapo-like about laying down some rules. You aren't going to live in harmony with anyone who thinks that friendships and immediate

gratification are more important than family and school. My advice is, take the bull by the horns and buy this book.

I have used this book and Dr. Sells suggestions with parents for five years. This book explains how problems develop with teens, practical suggestions on how to stop the problems and the book also covers the topic on how to heal and improve the relationships between parents and teens that are out of control. Parents: It is best to read the entire book before you start enforcing contracts with the teens.

This book is a life saver. My husband and I were seriously thinking of sending our teenager to a behavior camp because we thought there wasn't anything left that we could do for our son then I found this book. If you want to really make some changes in your household without sending your child away this is the book to read. It's hard work but desperate times call for desperate measures!

I highly recommend this book. I have recommended it to several people and it has worked for them as well. I am using the techniques in the book, and to my amazement, they are working! I have read several other books and they tell you what to do, but don't tell you what to do if their idea doesn't work - this book has back up plans for everything. I found this book to be the best help we have found. If you follow the program, it will work. I was skeptical but they made a believer out of me.

I am a family therapist in Georgia. I give this book out to every family that comes into my office. This isn't about blaming parents. These are real tools parents can really use. I am also a parent of two teens. These tools have worked for me.

If you want a tool belt that works this is the book for you. Dr. Sells provides a step-by-step approach to every possible problem you might encounter and what to do if Plan A doesn't work. He gives you a recipe menu of creative consequences to stop behaviors such as disrespect, running away, violence, drug and alcohol abuse, threats of suicide, and ditching school. The one reviewer who didn't like the book (dirtyh20sam) must have ignored Dr. Sells' warning that if you try to use contracts and it escalates your teen it means that you must seek an outside therapist for help because you either did not follow all the steps correctly or you have underlying family problems like marital conflict or depression that must be addressed. The book works but you have to follow the recommendations correctly.

Perhaps this book should have been titled, "Parenting your extremely disrespectful teen". I read the first couple of chapters of this book with some hope that the author understood the deep frustration that parents of a wild teen are going through. While I still feel that to be true, the author continually addresses such "out of control" behaviors as "swearing" and "refusing to clean his room". If only those were the problems we were facing in our home! I searched the book for the two primary problems which we are facing, which are lying and promiscuity. Sadly, the author does not address these two subjects in any detail. In short, he gives no strategies whatsoever to deal with those problems. If your teen is TRULY out of control, you may want to get this book from the library first and see if the issues you are facing are addressed before spending any money.

Scott Sells is THE authority on out-of-control teenagers. He has devoted his whole career to work and research with teens and children with behavior problems. He spoke at our Massachusetts Association for Marriage and Family Therapy annual conference a few days ago. His speech was very interesting and informative. He is also a really nice, humble guy. He is in demand to train people who work with teenagers at large agencies and residential treatment programs all over the country. The book is well written and has lots of good ideas. You don't have to have an out-of-control teenager to benefit from this book. It is not just about teenagers who run away, do drugs, etc. It also has lots of advice for how to deal with the normally ornery teenager to prevent worse problems from developing.

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