



# Why Won't My Teenager Talk to Me?

*John Coleman*

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**"It's easier to be a brain surgeon than a really good parent!"**

**No one finds it easy to be a parent of a teenager. How strict or easy-going should you be? What is the best way to support a teenager who is pushing you away? What do you do if homework is being ignored, or if a young person is up half the night on the phone or internet? How do you communicate with someone who seems not to be listening?**

In this book, international expert, Oxford psychologist and father, Dr John Coleman, provides a new approach to parenting adolescents.

Why won't my teenager talk to me? draws on ground-breaking research relating to brain development, sleep patterns in adolescence, and communication to offer a valuable tool enabling parents and carers to become more effective and resilient during this stage.

Based on the author's long experience in running workshops for parents of teenagers, the combination of practical advice and research evidence will give readers an invaluable guide to the adolescent stage of life. The book draws on the voices and experiences of a wide range of parents of teenagers.

Talking and listening is at the heart of this book. Based on developing strategies for positive and respectful two-way communication, Dr Coleman's revolutionary "STAGE" framework for parenting offers new insights and helps parents navigate the teenage years. Its aim is to improve relations between parents and teenagers, as well as to help professionals in their work with families. It will appeal to all parents and carers of teenagers, as well as to those in the fields of social work, counselling, health and education.

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As people who live in often the modest era should be revise about what going on or info even knowledge to make these people keep up with the era which can be always change and advance. Some of you maybe can update themselves by reading through books. It is a good choice for yourself but the problems coming to a person is you don't know what kind you should start with. This Why Won't My Teenager Talk to Me? is our recommendation so you keep up with the world. Why, because book serves what you want and wish in this era.

#### **Michael Turner:**

With this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become one of it? It is just simple strategy to have that. What you have to do is just spending your time not very much but quite enough to have a look at some books. One of the books in the top checklist in your reading list will be Why Won't My Teenager Talk to Me?. This book that is certainly qualified as The Hungry Slopes can get you closer in turning into precious person. By looking way up and review this book you can get many advantages.

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