



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

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

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Editorial Review

Review

"For all parents who want good, immediately applicable ideas that are effective with acting-out teenagers, this is the book for you!"

--John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus and Children Are from Heaven*

"An excellent combination of research and practice-with a difficult population! Good practical ideas that help parents answer hard questions."

--Thomas W. Phelan, Ph.D., author of *1-2-3 Magic and Surviving Your Adolescents*

"Parents of problematic teens will find *Parenting Your Out-of-Control Teenager* to be an easy-to-read book filled with practical solutions for difficult problems."

--Rex Forehand, Ph.D., author of *Parenting the Strong-Willed Child*

"A standout among the multitude of parenting books. Dr. Sells has a rare combination of practical experience coupled with an academician's need for researched and effective answers for responding to very difficult teens. For all those parents who want good, immediately applicable ideas that are effective with a severely acting-out adolescent, I can say, without reservations, this is the book for you!"

--Foster W. Cline, M.D., author of *Parenting with Love and Logic*

"Sells' approach is all 'how-to': he provides seven basic steps, backed up with lists of strategies in the 'What do I do if...' mode. These steps will empower parents to regain authority, bring families out of deep trouble, and begin to restore the love parents and teens once held for each other."

--*Library Journal*

"I found Scott Sells' new book to be amazingly helpful. He really does go to exactly those most difficult places where teenagers step over the line, and where there seem to be few effective answers. Dr. Sells gives answers, they are very specific, and they are very practical - real-world answers for real parents and real teenagers."

--Anthony E. Wolf, Ph.D., author of *Get Out of My Life, but First Could ...*

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About the Author

Scott P. Sells, Ph.D. is an Associate Professor of Social Work at Savannah State University and the executive director of the Savannah Family Institute in Georgia. Over the past fourteen years, Dr. Sells has personally treated more than three hundred difficult children and has served as a consultant for the Department of Juvenile Justice. In addition, he has spent the past three years conducting seminars in which he has spoken to over four thousand professional counselors and parents about the material found in his book *Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide*. Dr. Sells has recently launched a three-week parenting education program, "Parenting the Out-of-Control Teenager," for parents and their teenagers, and he is currently in the process of developing parent support groups and counselor certification training throughout the country.

Users Review

From reader reviews:

Nathan Wilson:

The book *Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love* can give more knowledge and information about everything you want. Exactly why must we leave the best thing like a book *Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love*? Some of you have a different opinion about guide. But one aim which book can give many information for us. It is absolutely right. Right now, try to closer with the book. Knowledge or details that you take for that, you are able to give for each other; you can share all of these. Book *Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love* has simple shape nevertheless, you know: it has great and big function for you. You can look the enormous world by wide open and read a reserve. So it is very wonderful.

Crystal Sanchez:

A lot of people always spent all their free time to vacation or maybe go to the outside with them friends and

family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love it is extremely good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not very costly but this book possesses high quality.

Wilfred Walker:

Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love can be one of your beginner books that are good idea. Most of us recommend that straight away because this book has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to put every word into enjoyment arrangement in writing Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love although doesn't forget the main position, giving the reader the hottest in addition to based confirm resource information that maybe you can be among it. This great information can drawn you into fresh stage of crucial imagining.

Kimberly Mason:

Are you kind of active person, only have 10 or perhaps 15 minute in your moment to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you are receiving problem with the book than can satisfy your short space of time to read it because pretty much everything time you only find reserve that need more time to be examine. Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love can be your answer mainly because it can be read by anyone who have those short spare time problems.

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