

# Parenting Teens With Love & Logic: Preparing Adolescents for Responsible Adulthood

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## PARENTING TEENS FOR THE REAL WORLD.

When kids hit their teen years, parenting takes on a whole new dimension. As they struggle toward independence and autonomy, some dicey issues emerge. And the real world you want them to be ready for can make you shudder-kids today face life-and-death decisions long before they're on their own.

So what do you do? Hover over them so they won't get hurt? Drill them so they'll do the right thing? According to Jim Fay and Foster Cline, hovering and drilling won't prepare teens for the real world. Because they learn responsibility like they learn everything else: through practice.

That's where love-and-logic parenting comes in. Love means giving your teens opportunities to be responsible and empowering them to make their own decisions. Logic means allowing them to live with the natural consequences of their mistakes-and showing empathy for the pain, disappointment, and frustration they'll experience.

When you parent with love and logic, it's a win-win situation. You win because you'll learn to love in a healthy way and effectively guide your teens, without resorting to anger, threats, and power struggles that will haunt them along the path to adulthood. And your teens win because they'll learn responsibility and the logic of life by solving their own problems and acquiring the tools they'll need to cope with the real world.

As a parent, you face no greater challenge-and no greater opportunity-than to guide your children through their teen years toward productive, happy, and responsible adulthood. Parenting Teens with Love and Logic will help you meet that challenge and rejoice in that opportunity.

"With love and logic parenting skills, I no longer need to blow up every time my teenage son yanks my chain. In fact, we've never gotten along better!"-Fran Cook, parent

"At last-a parenting approach that doesn't require a doctorate in psychology to understand and use! Every parent in America needs to know about love and logic."-Dawn Degenhardt, executive director, Maine Adoption Placement Service

"Every parent longs to see a child becoming more responsible. This book shows how to encourage mature behavior while not destroying the relationship."-Connie Podesta, M.S., L.P.C., Marriage & Family Counselor; president, CommuniCare

"This is timely, on-target information needed by all educators to help with the many problems of today's young people."-Dr. Gary L. Peevely, superintendent, Rogersville City Schools, Rogersville, TN

"Love and Logic has been required reading for all the parents I see in my practice. It is the best practical reference for parenting I've found. This new teen version is fantastic."-Bud Kuecke, licensed clinical social worker

FOSTER CLINE, M.D., is an internationally recognized physician and adult and child psychiatrist who has successfully parented four children. He is a consultant to mental health organizations, school systems, and business and parent groups across North America. He specializes in working with difficult children and is founder of Evergreen Consultants in Evergreen, Colorado.

JIM FAY has 31 years of experience as an educator and school principal. He is recognized as one of America's top educational consultants and has won many awards in the educational field. He successfully guided his three children through their teen years using love and logic.

Foster Cline, M.D., and Jim Fay's "Love and Logic" approach to parenting teens is communicated in this abridged reading which confronts us with the many challenges facing teens and their parents. Bert Gurule introduces the authors while Tim Kenney narrates the remainder of the book. The essence of their technique teaches parents to allow their children to learn about solving their own problems by setting up choices and consequences. Kenney conveys this message with freshness. His voice offers animated counsel as he examines anxious episodes parents may endure with teens. He presents the principles with a directness that maintains the listener's attention throughout. B.J.L.

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#### Other Books

How to Really Love Your Child. You know you love your child. You attend school events, care for physical needs, and discipline when needed. But did you know that most children, even in loving households, doubt that they are genuinely and unconditionally loved? In Dr. Ross Campbell's groundbreaking book, he explains the emotional needs of a child and provides you with skills that will help your child feel truly loved and accepted. Using eye contact, affirmation, and spiritual nurturing, you'll learn to really love your child no matter what the circumstances. The practical applications in How to Really Love Your Child have already helped over 2 million parents around the world show love to their children in a way that can be received and returned, again and again.

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