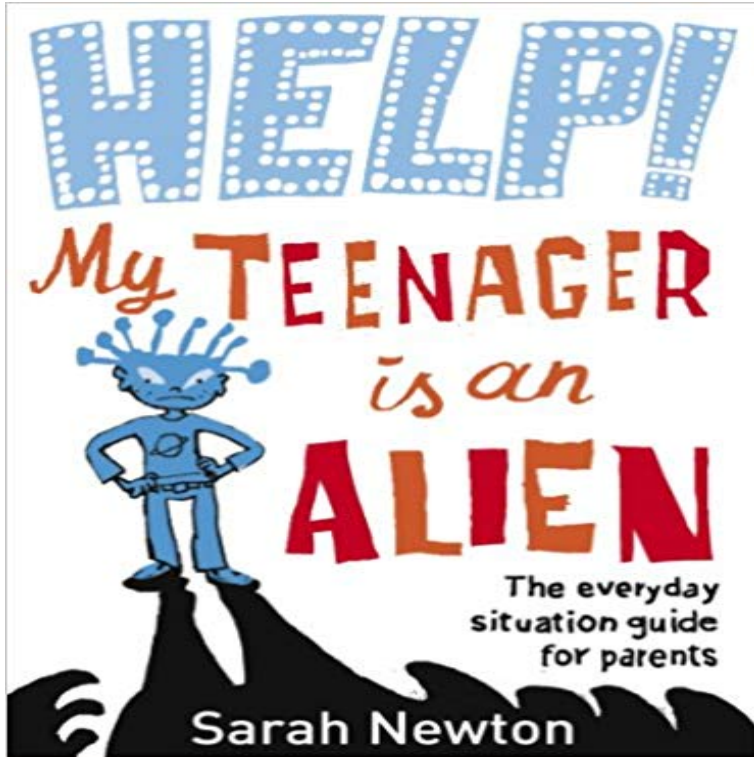


Help! My Teenager is an Alien: The Everyday Situation Guide for Parents



It was all so easy in the beginning. There you were with your tiny bundle of joy, looking forward to their first word, first steps, first day at school. You felt proud and privileged to be a parent and it wasn't until their teens that you began to wonder where it all went wrong . . . Suddenly your child is transformed into a sulky and disobedient teenager whose only means of communication consists of grunts and door slamming. You're nearing the end of your tether but rest assured, here is a teen expert who has the skills and knowledge to help you regain control. Sarah Newton has years of experience working with teenagers, and is the expert for the popular ITV2 series *My Teens a Nightmare; Im Moving Out!*. By following her advice you will see how the barriers can be broken down and a new level of understanding reached between you and your child. Try Sarah's methods out at home and see what a difference they can make to your family life.

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