

## ***Strained Relations: Help for Struggling Parents of Troubled Teens***

**Marcia Stein, PHR**

**Publisher:**

WJT Bashamer Publishing

**Language:**

English

**Paperback:** 160 pages

**Price:** \$11.95

**ISBN:** 978-0979841125

**Ebook:** \$8.95

**ISBN:** 9780979841132

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**FOR IMMEDIATE RELEASE**

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***How do you cope  
with troubled teens?  
Where do you turn for help?***

Have you been “at the end of your rope” with your teen? Worried about disrespect and anger issues? How much time have you wasted trying to make your child change? Have you felt isolated, alone, that you’ve failed at being a parent? You are not alone.

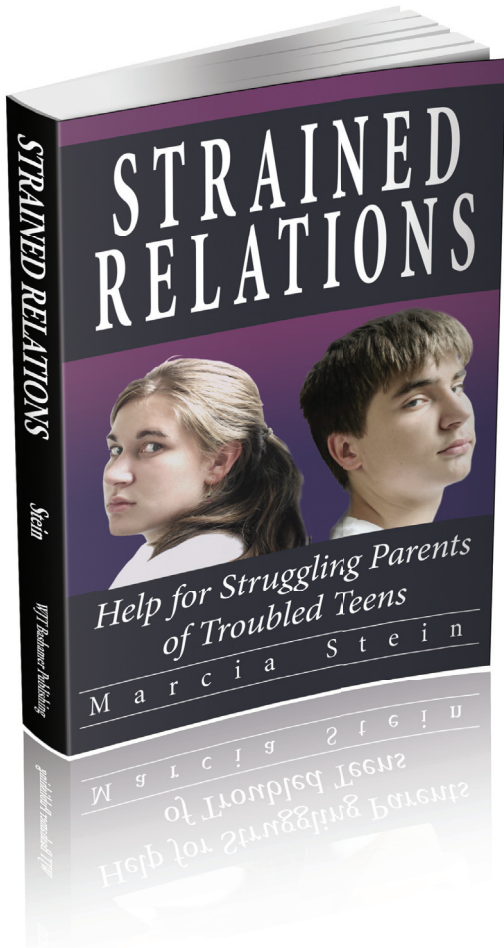
*Strained Relations* . . . offers life stories from parents who’ve been there and professionals who work with parents and teens. It’s a resource and a comfort for desperate parents seeking answers for out-of-control teens. Parents share their histories and offer advice for others going through or fearing similar situations, and professionals provide information about resources.

“You really captured the heart of what so many parents are going through, but have a hard time discussing. I know your book will be a comfort to those parents struggling with their teens—both as a realization that they are not alone and as a resource for guidance and help. I hope that parents can find the strength to not give up on their children . . . or themselves. Thank you for bringing this important issue into the limelight.”

—*Julia Alloggiamento,*  
Deputy District Attorney, Santa Clara, CA

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## **About the Author**

**Marcia Stein** was inspired to write this book while living through a challenging time with her own son. While experiencing difficult situations, working with professionals, talking with family and accruing resources, she decided to make these resources available to other families and reach out, letting them know they are not alone.

She works in the Silicon Valley and owns a Human Resources Consulting practice. Marcia earned her BS from Virginia Commonwealth University and her Professional, Human Resources designation from the HRCI.

Marcia is an active speaker presenting to organizations, corporations and job search groups. On behalf of clients and friends, she has interviewed their family members to preserve a recorded view of their family history.

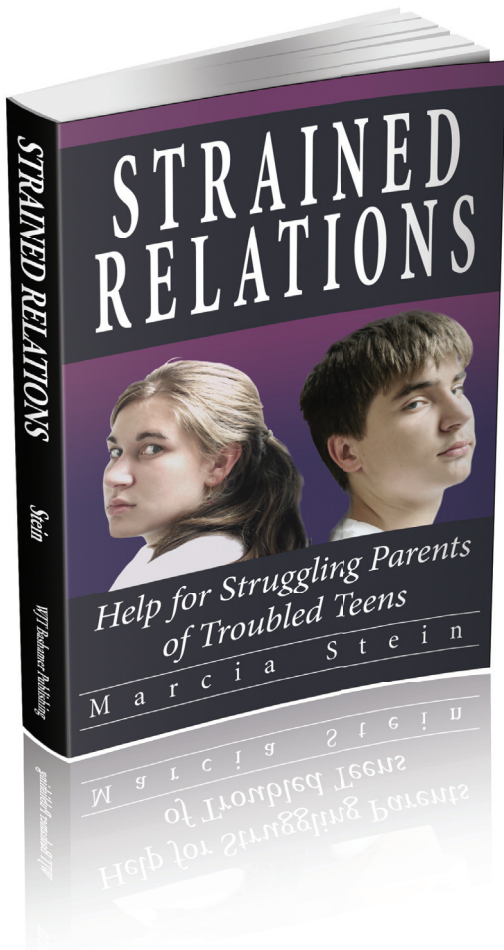
She is the founder and organizer of the Silicon Valley Women in Human Resources...and Friends group, a networking, mentoring and educational group for professional women with over 1,500 members. Marcia started and maintains a website for the group and has been recognized by the HR Symposium with the Partners in Innovation Award. She is also on the Advisory Committee for Evergreen Valley College (Business and Workforce Development).

Marcia also wrote *Recruiters on Recruiting*, a look into the career paths of different types of recruiters, their tips for job seekers and new recruiters.

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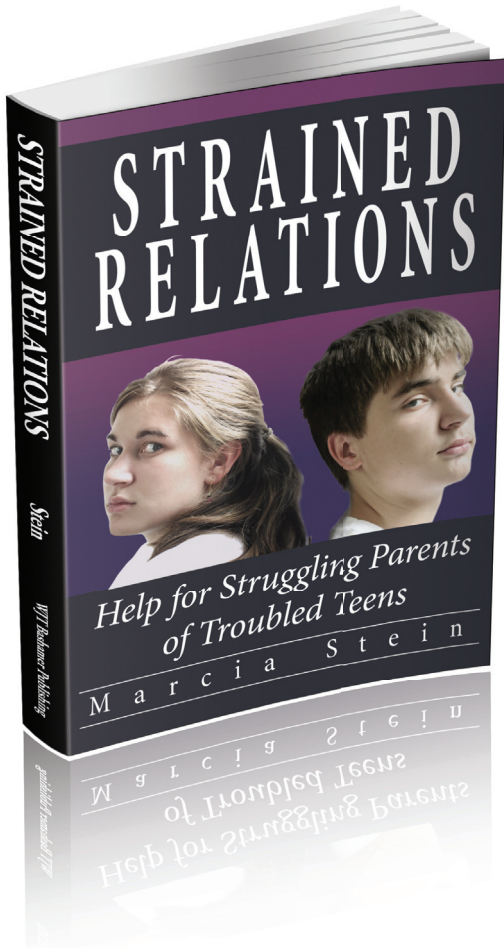
## **Suggested Interview Questions**

1. Give us an overview of this book and what inspired you to write it.
2. What were you like as a teen?
3. Why do you think kids are different now than when you were growing up?
4. Many people experience difficulties with their teens. What's different about these families versus the families featured in your book?
5. Is there a message that you want readers to grasp?
6. Were there warning signs of trouble ahead?
7. Are there common parenting patterns that create difficult teens?
8. What advice do you have for parents?
9. How do parents stop feeling so isolated?
10. Where do families go for help?
11. What was the most challenging part of writing this book?
12. Since you wrote the book, readers have contacted you through your blog and shared their stories. Are you finding certain patterns in these families?
13. What did you learn from writing this book that helped you and will help others?

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# Endorsements



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***Julia Alloggiamento,***

***Deputy District Attorney, Santa Clara, CA***

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***Dr. Katherine Sutherland***

What an important topic! I was looking through your book yesterday and had it sitting on my desk. One of my patients was a distraught mother in tears whose 17 year old is making her life miserable. I couldn't resist passing it on to her with a promise to get it back so I could finish it.

***Anne Joseph***

I found the book useful for parents going through difficult times raising their teenage children. It is nice to know that you are not alone and there are several helpful resources listed in the book. Marcia Stein did a good job pulling together information, making it easier for parents find the right resource for their particular situation.

***Help for Troubled Teens, wrote on my blog***

Very informative books for parents of teenagers having a difficult time . . . Lots of resources to utilize as an effective tool for parenting those teens.

***Micah, via email***

I would like to purchase a few copies for my classroom. I read the first three chapters last night and I certainly learned a lot in the first chapter that I never knew before. I think there is such a need for this type of book and I'm so glad you took it on as part of your journey.

***Polly Liss, Editor***

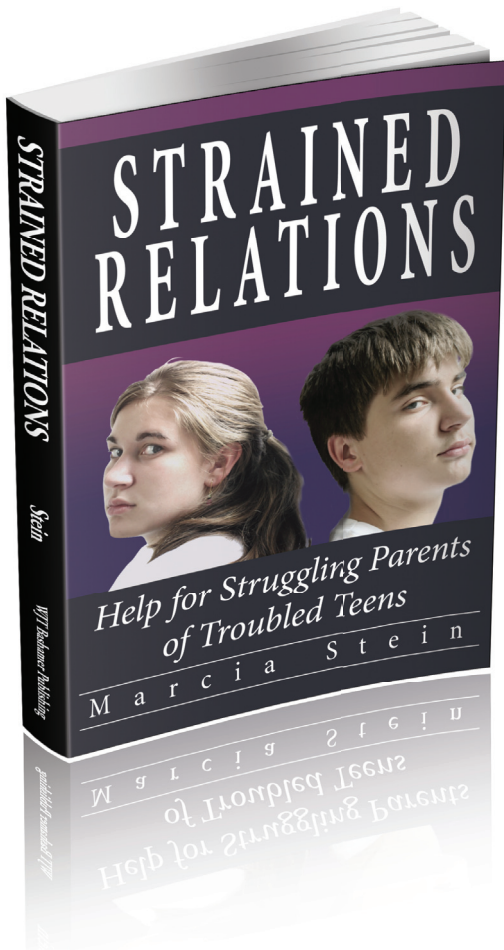
I think you have an extraordinary book. From examples of failures to successes and experience and advice from those professionals who deal with parent and teen problems on a

*(continued on back)*

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daily basis, you are providing an excellent resource for parents who need direction for help. In addition the resources mentioned in the Appendix have so much of value pulled together.

***Cynthia, wrote on my blog***

I spent an hour last night reading it. Some of the stories brought tears to my eyes and sounded so familiar. What a wonderful book.

***Alicia, via email***

This book arrived at exactly the right moment. I just sent my son to a wilderness school and feel horrible, hopeful, relieved, anxious and every other emotion. Reading those stories, it reminds me that I really am not the only parent feeling this way and worrying about a son. Hearing from the different professionals gave me some insights into the kinds of services the rest of the family can use to get through this time and avoid the same thing with our daughter. I also really liked the resources you provided—they're helpful but not overwhelming. I can't thank you enough.

***Herb Deitz***

I felt that book was very well written and highly insightful. The stories were very interesting and told in detail the challenges and difficulties of dealing with children of all ages. It could serve as a very good handbook of what parents can face with children both from a young age as well as once they are 18 and over. The book is superb and pointing out the numerous issues that can impact children and it is great in pointing out the issues and situations that parents encounter with these type of individuals. I felt the author showed a great deal of her experience in writing about these situations from her direct experience in dealing with her own troubled child. I would highly recommend this book for both parents and soon-to-be parents. I felt it was a very accurate overview of just what can occur with children, even when the parents have the best intentions.

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