



Strained Relations: Help for Struggling Parents of Troubled Teens

Marcia Stein, PHR

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STRAINED RELATIONS: HELP FOR STRUGGLING PARENTS OF TROUBLED TEENS

Marcia Stein, PHR

FOR IMMEDIATE RELEASE

***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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