

Book Offers Help for Parents Struggling with Difficult Teens During the Upcoming Holidays

Posted on : 2009-12-08 | Author : PRWeb
News Category : Press Release

Parents find comfort, community and resources for their troubled teens.

Cupertino, CA (PRWEB) December 8, 2009 -- Many parents dread the holiday season as they struggle with troubled teens who tune them out and engage in dangerous activities, leaving the parents worried and isolated. Rather than celebrating the holiday season, parents are concerned about teens abusing drugs and alcohol, committing crimes, dropping-out and running away from home.

Marcia Stein PHR said, "The holiday season brings out unrealistic expectations about family life and can be painful for parents dealing with troubled teens. It's easy to feel isolated, that you're a failure as a parent, but the truth is that many parents dealing with teens' extreme behaviors feel they're at the end of their rope. Some problems can be managed with improved parenting skills and others require professional help."

"Many teens have such severe issues they literally do not have any family ties. It's heartbreaking for families." Stein said. "We have to work on the problems by first shedding light on them and then working through the issues when we can. Not all teens and parents can find an immediate cure, sometimes the teen needs to make his or her mistakes and grow from them. Parents need information and resources and have to find a way to be patient and cope."

The author of a recently published book, *Strained Relations: Help for Struggling Parents of Troubled Teens*, Stein interviewed parents and professionals, obtaining stories, resources and information for parents and those in the role of parents. Stein created a [blog](#) with resources and observations about parenting difficult teens, and the community is invited to contribute. A sample of the book is available for download at www.tellmeaboutyourself.info/index_files/Strained_Relations.htm.

About Marcia Stein, PHR Marcia is a Human Resources Consultant and has experienced parenting a difficult child. The author of *Strained Relations: Help for Struggling Parents of Troubled Teens*, her book provides life stories from parents and professionals who work with parents and teens and a resource list to help them.

Contact: If you'd like more information about this topic, or to schedule an interview with Marcia Stein, please contact her via her website, www.tellmeaboutyourself.info.

###

Source : [PRWeb](#)