



Strained Relations: Help for Struggling Parents of Troubled Teens

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English

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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?

**For a review copy or interview request, contact:
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