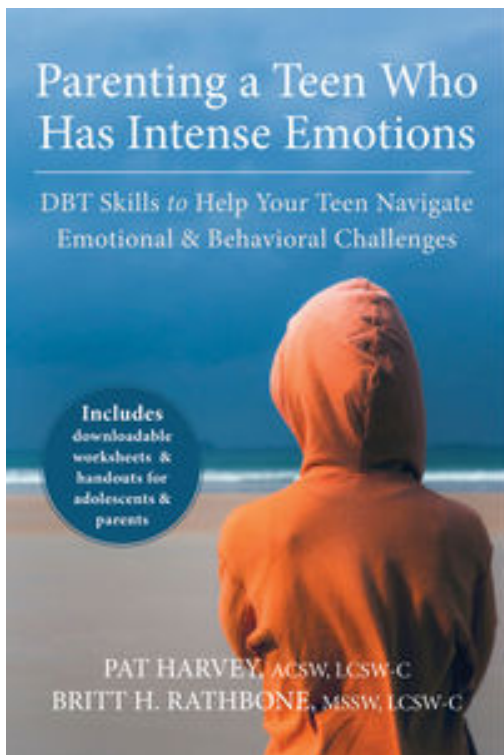


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The teen years can be daunting for any parent. But if you are the parent of a teen who lashes out or engages in troubling behavior, you may be unsure of how to respond to your child in a compassionate, constructive way. In this important book, two renowned experts in teen mental health offer you evidence-based skills for dealing with your teen's out-of-control emotions using proven-effective dialectical behavioral therapy (DBT).

Helping your teen to effectively deal with their feelings now can have a lasting, positive impact on their future. After all, honing skills for emotion regulation will act as a foundation for your teen's overall mental health. This book will help your teen gain awareness of their emotions, and offers tools to help them choose how to respond to these emotions in effective ways.

If you're at your wit's end and are looking to end the drama while keeping yourself sane in the process, this book will be your guide. It is a must-read for any parent!

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