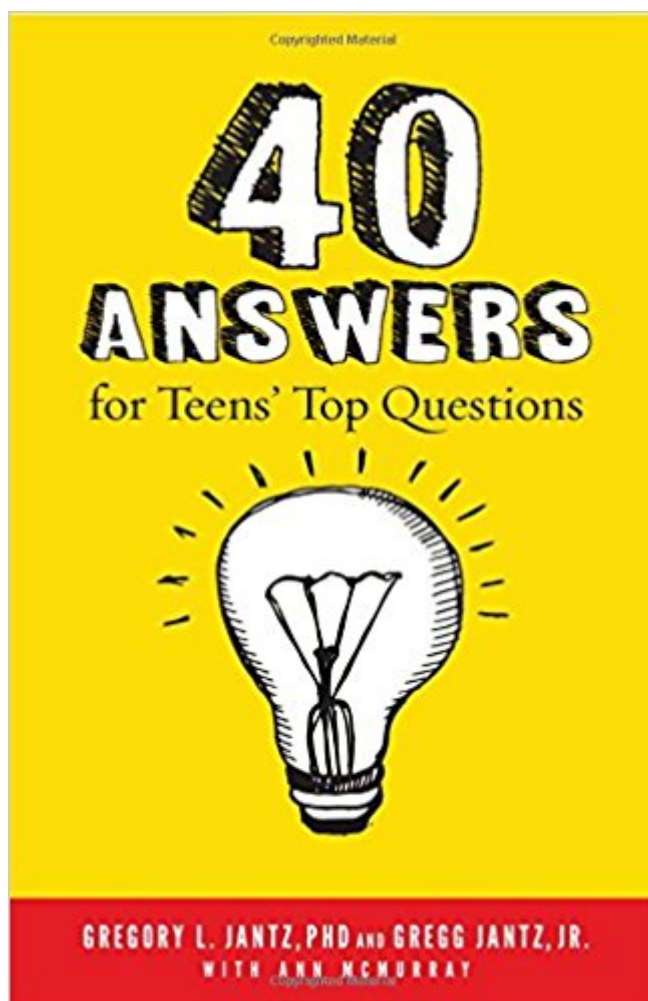


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# 40 Answers To Teens' Top Questions By Gregory L. Jantz



## Synopsis

Talk with your teenager ... Be there for your tween. Parents are often encouraged to talk with their kids, but they don't always feel equipped to deal with these difficult topics off the cuff, right? At the turn of a page, *40 Answers to Teen's Top Questions* is packed with the most common teen questions, solutions, biblical advice, plus parenting tips that are laid out clearly in an easy-to-read way that your teen can read on their own or with you! Includes 40 real & relevant topics to teens & preteens. Each question opens with real comments from an adolescent to other adolescents. Straightforward answers from an expert addressed to teens with honesty and humor. Each topic includes practical exercises to "Talk It Out," "Act It Out," and "Think It Out." "For Parents" section on each topic addresses concerns and gives ideas and options to create open communication and more! You already know not to lecture your teen, but it can be hard to reason with them when emotions run high, so where do you turn? With over decades of experience counseling teens and parents (as well as being a parent of a teen), Dr. Gregory Jantz has the top 40 practical and compassionate answers you're looking for. From peer pressure and bullies to zits and dating, parents will discover practical ways to have open and honest conversations with their teens while equipping them to navigate toward early adulthood. *40 Answers to Teens' Top Questions* is perfect for counseling, parents groups, youth ministry leaders, church giveaways, and more!

*Relationship-Building & Conflict Resolution Guide for Teens and Parents* Dr. Gregory Jantz and his son Gregg Jr. will help you and your teen learn to speak the same language, respect each other's thoughts and feelings, and effectively address 40 critical topics. Get the confidence you need to answer your teen's tough questions and keep communication open. Parents and other adults will be amazed at the mutual respect and trust you've built between you and your teen. You know your teen is going to be getting these answers about puberty, how to grow up, and more, from their friends, the internet, and other adults, but they want and need to hear these answers from you! This guide will help you communicate clearly & effectively, listen to your teen to build trust, respect, and a lasting bond. Easily bring up hot teen topics so your teen feels free to openly share. Gain the confidence to equip your teen with everything they need to make godly choices every day and so much more! 240 pgs, paperback, 5.5 x 8.5 inches.

## Book Information

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## Customer Reviews

Dr. Jantz's center, "A Place of HOPE," is recognized as a top ten facility in the U.S. for the treatment of depression. Dr. Jantz is a best-selling author of 30 books. He is a go-to media source expert for a range of behavioral-based afflictions, as well as drug and alcohol addictions. Dr. Jantz has appeared on CNN, FOX, ABC, CBS, and has been interviewed for the New York Post, Associated Press, Family Circle, and Women's Day. He is also a regular contributor to The Huffington Post and Psychology Today blogs.

My first grandchild has hit puberty. He is sullen, unresponsive, and perpetually angry with rules and consequences. When I saw the preview of this resource, it looks like what we need to manage the turmoil and mood swings of this thirteen year old. *Forty Answers to Teens Questions*, written by Dr. Gregory Lantz and his teenage son Gregg Jantz, Jr. The unique thing about this book is the notes to teenagers from Gregg Jr. and the experience of talking through his response to his dad's advice. Some of the questions are on difficult issue like pornography, sex, girls and periods, changing the rules. As a psychologist Jantz understands the teen's point of view. Each of the 40 questions has a parent's note to encourage conversations between teens and parents and how to engage in different topics. Use these as opportunities to undertake this journey through puberty with your child and gift him with an easier rite of passage. This resource was given to me by Rose Publishing for an unbiased review.

I was pleasantly surprised by both the questions and answers in this book. Questions run the gamut from routine puberty and zits conversations to heavier topics such as worrying about future success and life planning. In asking, "Is it harder to be a teenager today?", the author's

bottom line answer is "So why is it important for one person's experiences to be considered harder or more difficult than someone else's?" I love that answer! I also enjoyed the conversation about music ("Why do my parents hate the music I like?"). The interjections from Gregg Jr. are applicable and relatable. Many of the answers provided are ones I've struggled with myself - finding the right words to express my thoughts to my kids. Dr. Jantz puts them in clear language that makes sense, is not overly adult or preachy, and provokes conversation from both teens and parents. Anyone who deals with the mysterious preteen or teen (or parent!) will benefit from the insight this book provides. It would also be a great small group or family study. Overall, I really enjoyed reading this book and will refer back to it often as my own two teenagers continue on their journey of adolescence. I was provided a copy of this book in pdf format and all opinions are 100% my own.

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