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May 10, 2011 by Dr.

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If you can get there as a

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enjoy a healthy, satisfying, exciting new kind of relationship with your teenager, a relationship with a foundation not of fear, but of radical optimism.

Dr. John Duffy's *The Available Parent* is a revolutionary approach to taking care of teens and tweens.

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Teenagers are left

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feeling unheard and misunderstood, and parents are left feeling bewildered by the changes in their child at adolescence and their sudden lack of effectiveness as parents.

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We have a tendency  
today to over-parent,



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micromanage, and underappreciate our adolescents. Dr. John Duffy's *The Available Parent* is a revolutionary approach to taking care of teens and tweens. The available parent of a teenager is open to discussion, offering advice and solutions but not insisting on them.

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If you can get there as a parent, you can begin to enjoy a healthy, satisfying, exciting new kind of relationship with your teenager, a relationship with a foundation not of fear, but of radical optimism.

Dr. John Duffy's The Available Parent is a revolutionary approach

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to taking care of teens and tweens.

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The Available Parent: Radical Optimism for Raising Teens and Tweens is a refreshing take on parenting. Dr. Dr. John Duffy, family counselor, life coach and "top teen expert" (an

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John Dully

honorific all the more remarkable for its near impossibility) proposes proven techniques to negotiate the ever-changing, seismic shifts of puberty and beyond.

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vehemently," says John Duffy, clinical

psychologist and author of the "The Available

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TWEENS. by John

Duffy □ RELEASE

DATE: June 1, 2011.

Raising a teenager can



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be just as much of an emotional roller coaster as being a teenager, but clinical psychologist, certified life coach and parenting expert Duffy assures parents that it doesn't have to be such a turbulent ride ...

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radical optimism for raising teens ...

The Available Parent: Radical Optimism for Raising Teens and Tweens. Paperback □ May 10 2011. by Dr. John Duffy (Author), Dr. Thomas Phelan (Foreword) 4.4 out of 5 stars 18 ratings. See all formats and editions.

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Radical Optimism for Raising Teens ... Resilience is the [knowledge that we can handle challenges, difficulties and hardships in our lives,] according to Duffy, also author of the book The Available Parent: Radical Optimism for Raising...

Therapists Spill: How  
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To Strengthen Your Resilience

The available parent : radical optimism for raising teens and tweens. [John Duffy] -- Offers strategies and tips for building a stronger and healthier relationship between parents and teenagers that focuses on parents readjusting how they interact, interpret, and

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Radical Optimism For Raising Teens and Tweens. He talks to us about how to minimize conflict and maximize satisfaction in your

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relationship with your child. We have a tendency today to over-parent, micro-manage, and under-appreciate our adolescents. Dr.

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misunderstood, and  
parents are left feeling  
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