



# Ending the Parent-Teen Control Battle: Resolve the Power Struggle and Build Trust, Responsibility, and Respect

*Neil D. Brown*

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**Power struggles between parents and teens are nothing new, but what really drives the conflicts that become a constant battle for control? According to psychotherapist Neil Brown, these struggles occur as the result of a dysfunctional family control dynamic. Chock-full of easy-to-use evidence-based tools, this book will help you end the tug-of-war with your teen and foster a peaceful and loving home environment.**

In virtually all families, there are moments when teens are unhappy with parental limits, rules, and requests—as well as times when those kids are disobedient or noncompliant, or get caught up in the moment and make bad decisions. But the parent-teen control battle goes beyond this; it's a chronic relationship pattern that uses up the family's emotional resources and can seriously impact child identity, self-esteem, and development, and cause stress for everyone around. This book offers a thorough understanding of the control battle and a clear prescription to end it.

With *Ending the Parent-Teen Control Battle*, you'll learn about the three elements that support this chronic conflict—reactivity, negative emotional tone, and being “other-person oriented”—and discover the two key changes that can be made to address the underlying issues, allowing you to move toward a more positive way of seeing your teen and working on behavioral change. Using tools based in structural family therapy (SFT), which targets the core relationship pattern driving the control battle, you'll be able to address specific issues and create a healthier pattern.

If you're tired of the constant battle for control and you're ready to cultivate a more loving, peaceful, and supportive environment for the whole family, this book has the skills and understanding you need to be successful, no matter what you and your teen face.

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A lot of people always spent their free time to vacation as well as go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you would like try to find a new activity that's look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the whole day to reading a e-book. The book Ending the Parent-Teen Control Battle: Resolve the Power Struggle and Build Trust, Responsibility, and Respect it is extremely good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore simply to read this book out of your smart phone. The price is not to fund but this book has high quality.

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