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Tweens Paperback — May 10, 2011

by Dr. John Duffy (Author), Thomas Phelan Ph.D. (Foreword) 4.5 out of 5 stars 26 ratings See all formats and editions

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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 to taking care

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amazing. This is my first parenting book about adolescents and teenagers, and I picked a good one. The focus of the book is how to maintain a really open and loving relationship as children become teenagers.

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Phelan. Teenagers are left feeling  
unheard and misunderstood, and  
parents are left feeling bewildered by



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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, micromanage, and

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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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Tweens is a refreshing take on parenting. Dr. Dr. John Duffy, family counselor, life coach and “ top teen expert ” (an 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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Book Review - The Available Parent:  
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Excerpt from "The Available Parent:  
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and Tweens" ... a thriving private  
practice in the Chicago area. Dr. Duffy  
works with both teens and adults and

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specializes in helping parents maximize satisfaction and minimize conflict in their relationships with their teenagers. In addition to clinical work, he also ...

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Truly listen and heed their point of view, even if you disagree vehemently, ” says John Duffy, clinical psychologist and author of the “ The Available Parent: Radical

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Optimism for Raising Teens And  
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7 mistakes parents make with teens -

The Washington Post

THE AVAILABLE PARENT RADICAL  
OPTIMISM IN RAISING TEENS AND

TWEENS. by John Duffy    RELEASE

DATE: June 1, 2011. Raising a

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For Raising Teens And  
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teenager can 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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THE AVAILABLE PARENT | Kirkus  
Reviews

The available parent : radical  
optimism for raising teens and  
tweens. [John Duffy] -- Teenagers are  
left feeling unheard and  
misunderstood, and parents are left  
feeling bewildered by the changes in

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their child at adolescence and their  
sudden lack of effectiveness as  
parents.

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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  
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The Available Parent: Radical  
Optimism for Raising Teens ...

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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 To Strengthen

*Page 31/80*

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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



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they interact, interpret, and  
communicate with ...

The available parent : radical  
optimism for raising teens ...  
PSYCHOLOGIST, BEST-SELLING  
AUTHOR, SPEAKER AND NATIONAL  
MEDIA PERSONALITY JOIN OUR

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Home [[drjohnduffy.com](http://drjohnduffy.com)]

We speak with Dr. John Duffy the  
author of The Available Parent –  
Radical Optimism For Raising Teens

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For Raising Teens And  
Tweens. He talks to us about how  
to minimize conflict and maximize  
satisfaction in your relationship with  
your child. We have a tendency today  
to over-parent, micro-manage, and  
under-appreciate our adolescents. Dr.

Radical Optimism For Raising Teens

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John Duffy. \*Number one on Cyrus  
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unheard and misunderstood, and  
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Teenagers are left feeling unheard and misunderstood, and parents are left feeling bewildered by the changes in their child at adolescence and their sudden lack of effectiveness

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For Raising Teens And  
Twins John Dunny

as parents. The parent has become unavailable, the teen responds in kind, and a negative, often destructive cycle of communication begins. Well, the truth of the matter is, you can physically be right next to someone and still not really be available to them. If you need them to

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Twins John Duff

be something they're not, if you are harsh, criticizing and judging, if your anxiety is center stage, then you are not truly available. The available parent of a teenager is open to discussion, offering advice and problem-solving, but not insisting on it. He allows his child to make some



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mistakes, setting limits, primarily where health and safety are concerned. He never lectures – he is available but not controlling. The available parent is self-aware, and keeps his own emotions in check when dealing with his teen. He is unconditionally loving and accepting,

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For open to new and different ways of thinking. As such, he is neither cruel nor dismissive, ever. The available parent is fun and funny, and can bring levity to the most stressful situation. All of that is to say, there are no conditions to his availability – it is absolute. The available parent

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fosters an extraordinary teenager. We have a tendency today to over-parent, micro-manage, and under-appreciate our adolescents. Imagine for a moment shifting the dynamic in your relationship. If you can get there as a parent, you can begin to enjoy a healthy, satisfying, exciting new kind

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For 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. And we can all breathe easier as a thirteenth birthday approaches.

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We have a tendency today to over-parent, micro-manage, and under-appreciate our adolescents. Dr. John Duffy's *The Available Parent* is a revolutionary approach to taking care of teens and tweens. Teenagers are often left feeling unheard and

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misunderstood, and parents are left feeling bewildered by the changes in their child at adolescence and their sudden lack of effectiveness as parents. The parent has become unavailable, the teen responds in kind, and a negative, often destructive cycle of communication

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begins. The available parent of a teenager is open to discussion, offering advice and solutions, but not insisting on them. He allows his child to make some mistakes, setting limits, primarily where health and safety are concerned. He never lectures -- he is available but not controlling. He is

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neither cruel nor dismissive, ever. The available parent is fun and funny, and can bring levity to the most stressful situation. All of that is to say, there are no conditions to his availability -- it is absolute.

#1 Best Seller in Teen Health &

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Hyperactivity - A Guidebook for  
Parents Navigating the New Teen  
Years Learn about the “ New Teen ”  
and how to adjust your parenting  
approach. Kids are growing up with  
nearly unlimited access to social  
media and the internet, and  
unprecedented academic, social, and

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Tweens John Dally

familial stressors. Starting as early as eight years old, children are exposed to information, thought, and emotion that they are developmentally unprepared to process. As a result, saving the typical “teen parenting” strategies for thirteen-year-olds is now years too late. Urgent advice for

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For Raising Teens. Dr. John Duffy ' s parenting book is a new and necessary guide that addresses this hidden phenomenon of the changing teenage brain. Dr. Duffy, a nationally recognized expert in parenting for nearly twenty-five years, offers this book as a guide for parents raising

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Children who are growing up quickly and dealing with unresolved adolescent issues that can lead to anxiety and depression.

Unprecedented psychological suffering among our young and why it is occurring. A shift has taken place in how and when children develop.

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Because of the exposure they face, kids are emotionally overwhelmed at a young age, often continuing to search for a sense of self well into their twenties. Paradoxically, Dr. Duffy recognizes the good that comes with these challenges, such as the sense of justice instilled in teenagers

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Starting at a young age. Readers of this book will: Sort through the overwhelming circumstances of today ' s teens and better understand the changing landscape of adolescence Come away with a revised, conscious parenting plan more suited to addressing the current

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Needs of the New Teen Discover the joy in parenting again by reclaiming the role of your teen ' s ally, guide, and consultant If you enjoyed parenting books such as The Yes Brain, How to Raise an Adult, The Deepest Well, and The Conscious Parent; then Parenting the New Teen

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Tweens John Duffy

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of teens and tweens. Teenagers are often left 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. The parent has become unavailable, the teen responds in

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kind, and a negative, often destructive cycle of communication begins. The available parent of a teenager is open to discussion, offering advice and solutions, but not insisting on them. He allows his child to make some mistakes, setting limits, primarily where health and safety are

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concerned. He never lectures — he is available but not controlling. He is neither cruel nor dismissive, ever. The available parent is fun and funny, and can bring levity to the most stressful situation. All of that is to say, there are no conditions to his availability — it is absolute.

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Everyone knows that boys are falling behind in education. Largely left out of the discussion are parents of boys, who are most aware that their bright, eager sons hit an invisible wall somewhere near fourth grade, after which they become disengaged,

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discouraged, and disaffected. There are dozens of books on underachieving boys, but most parents brave enough to lift one off the shelf are instantly intimidated by the footnotes, graphs, case studies, and academic-speak addressed almost entirely to educators. What

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about the average guilt-ridden, frustrated mother or father of an underachieving boy? Jump-Starting Boys is the first book on the market that empowers parents, helping them reclaim the duties and rewards of raising their children and navigate the influences of school and media.

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Filled with reassurance and support, the authors turn fear and guilt into can-do confidence. Through easy tips and action list sidebars, this is the most practical, readable book on the topic.

National Bestseller The father of the

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new science of positive psychology and author of Authentic Happiness draws on more than twenty years of clinical research to demonstrate how optimism enchances the quality of life, and how anyone can learn to practice it. Offering many simple techniques, Dr. Seligman explains



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how to break an “I—give-up” habit,  
develop a more constructive  
explanatory style for interpreting  
your behavior, and experience the  
benefits of a more positive interior  
dialogue. These skills can help break  
up depression, boost your immune  
system, better develop your

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potential, and make you happier..

With generous additional advice on  
how to encourage optimistic

behavior at school, at work and in  
children, Learned Optimism is both  
profound and practical—and valuable  
for every phase of life. "Vaulted me  
out of my funk.... So, fellow moderate

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pessimists, go buy this book."

—Marian Sandmaier, The New York  
Times Book Review

Optimism and pessimism and their effects on our lives. How to develop the character trait of optimism.

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Amid political, social, and environmental anxieties, the need for humor, hope, and meaningful action has never been greater. Hope Is a Verb is the beautifully simple solution for not only how to create change but how to stay sane while doing it. Through this creative guidebook,

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readers will work to live in alignment with their values, examine their relationships with the planet and their community, and be inspired to act, both in their personal life and collectively. Emily Ehlers, creator of the cult favorite Instagram account @ecowithem, offers the following six-

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Step process that reframes the current global mood as an invitation to realize change, rather than dwell in despair. Step One: Stop Freaking Out Step Two: Change the Story Step Three: Set Your Inner Compass Step Four: Own Your Power Step Five: Just Start Step Six: Find Your People Using

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her experience as an environmental activist, Ehlers offers ways for readers to change their perspective as a path to overcome challenges. A light in a dark place, a friend when you're feeling alone, a roadmap out of overwhelming situations, for those feeling less than secure and safe,

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Hope Is a Verb points to a world of opportunity and stability that 's achievable and surprisingly simple.

Every working mother's path is unique and should be celebrated, not lamented. Yet all too frequently, working mothers are presented with



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advice, rules to follow or guidelines as if all women's experiences are the same and a one-size-fits-all solution is appropriate. Maternal Optimism: Forging Positive Paths through Work and Motherhood aims to provide readers with stories and research that support the notion of women owning

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and feeling confident in the choices they make, as they navigate a complex series of work and family transitions. This book challenges the impulse to reduce work/life challenges to a single point in time, such as the decision to return to work after the birth of a child; instead, it

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recognizes that work and family decisions are anything but stagnant. They shift as life and career shift and are often filled with unpredictable events. By understanding and anticipating these shifts, working mothers can develop the resiliency they need at home and at work. This

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book is a resource for all professional women as they approach the difficulties and the joys of growing a family and a career.

Raising children is a serious business, especially in this era of two working parents with jam-packed schedules. A

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helping hand can make all the difference. Nationally known parenting expert Blythe Lipman is on a mission to help parents, offering hundreds of practical tips with a dash of humor. Go from stressed-out, overwhelmed and exhausted to meltdown free and mellow! The purpose

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of Help! My Toddler Came Without Instructions is to provide parents with quick solutions to help with those hair-raising toddler issues. When some new "toddler troubles" arise, grab the book, find the solution and you'll be back in control of your out-of-control child. Topics include

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For Raising Teens And  
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sleeping (ways to transition from crib to bed, naps, creating a friendly sleep environment and nightly rituals and routines), potty training (age discussion, type of potty to use, fears, underwear, charts and issues), and fears (night terrors, stranger anxiety, the dark, monsters and separation

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