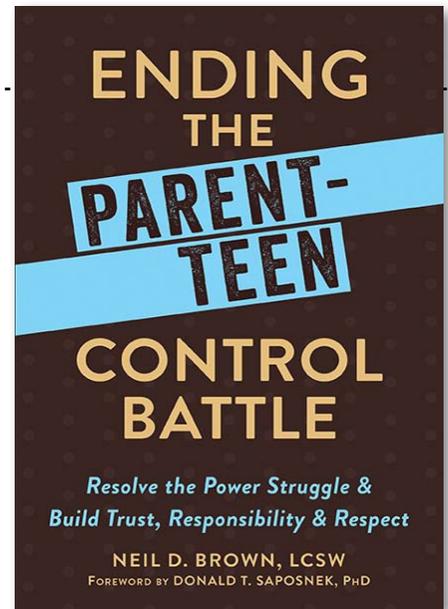


ENDING THE PARENT-TEEN CONTROL BATTLE

Resolve the Power Struggle and Build Trust, Responsibility, and Respect

Neil D. Brown, LCSW



About the Author

NEIL D. BROWN, LCSW, is a psychotherapist who has worked with families, couples, and individuals for more than thirty years. Deeply steeped in the theory and practice of family therapy, Brown uses a systemic approach that allows him to understand the context in which problems are both formed and are healed. This approach has revealed a simple yet profound method of empowering parents and their adolescent youth to put an end to destructive control battles for good. Brown is also a trainer of parents and mental health professionals.



Power struggles between parents and teens are nothing new, but chronic control battles are destructive to teen development as well as the entire family.

According to psychotherapist Neil Brown, these battles occur as the result of self-perpetuating negative relationship patterns. Chock-full of powerful and easy-to-use evidence-based tools, this book will help you understand and end the painful 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, resulting in destructive behavior and causing 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 focused"—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 while creating vital 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.

EMPOWERS
BOTH PARENTS
AND TEENS

- ❑ **Parents Struggle with Teens:** Millions of American parents struggle to find a clear model from which to parent their teens; particularly difficult teens. This makes for a motivated audience for this book.
- ❑ **End the Control Battle:** This book focuses specifically on the phenomenon of the parent-child control battle, its destructive nature and how to end it.
- ❑ **Unique Approach:** Rather than simply explaining the stages of adolescence with generic advice, this book lasers in on the control battle and empowers both parents and teens to understand and end it.

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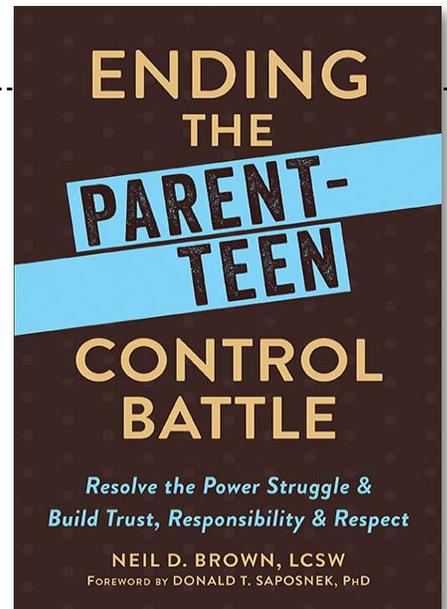


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Praise

“Neil Brown’s book cuts through the cultural myths that have left parents of adolescents shackled and confused. In clear, easy-to-understand steps, he creates road maps toward solutions and results. This book is a great resource for parents of 12- to 18-year-olds.”

—Joe Newman, MA, author of *Raising Lions*

No book on parenting teens has felt so fresh and filled with so much hard-won wisdom from decades in the consulting room as *Ending the Parent-Teen Control Battle*. Brown’s book is a gift to every parent of a teen.”

—Lara Honos-Webb, PhD, author of *The ADHD Workbook for Teens* (www.addisagift.com)

“Written with a profound respect for both teens and parents, Neil Brown traverses the rocky road of adolescence with wisdom and practicality. ... Parents, as well as therapists, will come away with a deep understanding of the stages and brain changes of adolescence, the potential pitfalls of parenting, and concrete steps to successfully navigate the challenges of raising a teen.”

—Andrea Wachter, LMFT, psychotherapist, coauthor of *Mirror, Mirror on the Wall* and *The Don’t Diet*; and author of *Getting Over Overeating for Teens*

“*Ending the Parent-Teen Control Battle* defines a purposeful and mindful path through the often volatile minefield of life with a defiant teen. Neil Brown’s strong, experienced, and always-to-the-point voice has helped our family clarify our problematic journey with our teen grandson. His book brings organization and rational thought to an often messy, disorderly family dynamic. It reminds parents to envision our child as his best self, and helps us to become our best parenting selves. Simply put, this book has provided us the knowledge, hope, and courage to greet each new teen-parenting day.”

—Margaret Wilson, custodial grandparent

“As a primary care physician trusted with the intricacies of family dynamics within the office setting, this book has become an instrumental tool in helping guide my communication between parents and adolescents. It has helped me begin and execute a plan to help families find help for destroying ‘the Beast’ that manifests not only as emotional complaints, but also physical symptoms in both parents and teens. But more importantly, it has given me guidance as I navigate my own family dynamic. I am blessed to be the mom of my own teen! Thank you, Neil Brown, for showing me how to refocus our relationship and to stay positive. I highly recommend this book to all families entering into the teen years!”

—Patricia Golden, DO, medical director of Wheaton Franciscan Medical Group-Ascension Health Care Central Market Wisconsin, and member of the American Academy of Family Practice

Recent neuropsychological findings shed light on the development of the teenage brain, further reframing and ‘normalizing’ some of the challenges families face. Along with the methods set forth, this knowledge helps to ease the despair of both parents and teens caught in seemingly endless struggles. As a compassionate, widely respected therapist, Neil Brown provides both hope and direction to families seeking affirmative change.”

—Andrew Kumasaka, MD, psychiatrist in private practice

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