

**BOOKS**  
FOR  
**PARENTS**

**How to Talk So Kids Will Listen  
and Listen So Kids Will Talk**

Adele Faber & Elaine Mazlish

Effective step by step techniques to help you improve and enrich your relationships with your children.

**The Teenage Brain**

Dr Frances E Jensen

The Teenage Brain is a journey through the new discoveries that show us exactly what happens to the brain in this crucial period, how it dictates teenagers' behaviour, and how the experiences of our teenage years are what shape our attitudes, and often our happiness in later life.

**Teenage Depression: A CBT  
Guide for Parents**

Monika Parkinson & Shirley Reynolds

This accessible book looks at how to support teenagers with depression from the parents' point of view, and incorporates additional strategies for parents.

**Parenting the New Teen in the  
Age of Anxiety**

Dr John Duffy

A guide for parents raising children who are growing up quickly and dealing with unresolved adolescent issues that can lead to anxiety and depression.

