

The book that tells
you how to really
COMMUNICATE
and effectively get
through to your teenager



Between Parent & Teen- ager

Dr. Haim G. Ginott

Bestselling author of
BETWEEN PARENT & CHILD

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Between Parent & Teen- ager

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CONTENTS

PREFACE

xiii

CHAPTER 1 **They and us** 17

Our Concerns Versus Their Needs. Our Fears Versus Their Feelings. Is Coexistence Possible?

CHAPTER 2 **Rebellion and response** 23

A Time of Turmoil. Existential Questions. A Search for Identity. Guidelines to Help: Accept his restlessness and discontent. Don't try to be too understanding. Differentiate between acceptance and approval. Don't emulate his language and conduct. Don't collect thorns. Don't step on corns. Don't invite dependence. Don't hurry to correct facts. Don't violate his privacy. Avoid clichés and preaching. Don't talk in chapters. Don't label him in his presence. Don't use reverse psychology. Don't send contradictory messages. Don't futurize.

CHAPTER 3 **Primum non nocere** 49

Acknowledging Experience. The salty soup: a story with a moral. Abstract art and concrete conversation. The Politics of Peace: Words and Feelings. "The way you feel is how it really was for you." "Missing two days can mean a great deal." "It's rough getting out of bed, especially on a cool morning." "It is lonesome to practice by yourself." The Person and the Method.

LETTING GO IS THE KEY

to peaceful and meaningful coexistence between parent and teenager. As parents, our need is to be needed. As teenagers, their need is not to need us. To let go when we want to hold on, requires utmost generosity and love.

DR. HAIM G. GINOTT

who opened new lines of communication between millions of parents and children with his earlier bestseller, does the same for parents and teenagers with this book. He suggests scores of specific ways to deal with specific adolescent problems ranging from authority conflicts and identity crises, to drugs, homosexuality and the pill. Using respect and love, Dr. Ginott's unique common sense approach offers new hope for mutually rewarding relationships **BETWEEN PARENT & TEENAGER.**