
**Author:** Dr. Popkin has written and produced more than a dozen video and discussion programs, including *Active Parenting Now; Active Parenting of Teens; Families in Action; 1,2,3,4 Parents!; and Parents on Board: Building Academic Success through Parent Involvement*.

**Summary:** Popkin provides a comprehensive guide for parents, with six chapters that coincide with a six-session video-based parenting education program. The author bases this book, and his related parenting video series, on the psychological principles of Alfred Adler, Rudolf Dreikurs, and others. He introduces the concept of active parenting, which involves parents playing a central and involved role in the lives of their teens. Popkin wants parents to encourage the development of resiliency, courage, self-esteem, responsibility, cooperation and respect in their teens. Each chapter of the book addresses a specific area of parenting, while stressing the importance of parents working together with their teens to devise solutions to the everyday problems of teen life. Parents are constantly reminded to separate the behavior from teen (i.e., the behavior might be bad but that does not make the teen bad). Therefore, parents are directly addressing and correcting the teen’s behavior, while assuring know that they are still loved.

**Reviewer:** Johnnie Jones has a B.S. in Information Systems, and is a former graduate student at Northern Illinois University.