
**About the author:** Rosenthal, a clinical psychologist, holds a doctoral degree from the California Institute for Human Science. A divorced mother of four, she remarried a widower with three daughters and became part of a blended family. Dr. Rosenthal offers parenting advice on radio and television programs and her website.

**Summary:** Rosenthal describes a *A Five-Step Plan for Eliminating Barriers Between You and Your Teen*. The acronym ADULT summarizes this plan—Awareness, Direction, Uniqueness, Love and Teaching. Following these five steps, Rosenthal claims, will help parents cultivate their child’s moral character and leadership qualities, and will foster the teen’s sense of responsibility and ability to function independently. An additional benefit of the plan is that it helps to establish a mature relationship between parent and adolescent. Rosenthal advocates an openness and honesty in talking with teens, and encourages teens to reinforce their parents’ openness by being honest themselves. She stresses the importance of helping teens to set and work towards achieving their goals. Consistent with many parenting books, Rosenthal values the importance of parental self-reflection. Parents cannot help their teens unless they first examine their own values, analyze the ways in which they cope with stress, and consider how they strive towards achieving personal goals. Rosenthal advocates that parents critique their parenting to determine if empathy and love are the basis to their parenting.

**Reviewer** Purva J. Rushi is a former doctoral student in educational psychology at Northern Illinois University.