
**About the author:** Michael Bradley, Ed.D. is a licensed psychologist who received his doctoral training at Temple University in Philadelphia. Bradley holds specialized certification in the treatment of substance abuse disorders from the American Psychological Association’s College of Professional Psychology, and he is a member of the American College of Forensic Examiners. He has been working with adolescents and their parents for over 30 years [book jacket].

**Summary:** This book begins with a summary of some the latest research with brain development and functioning in adolescents. According to Bradley and O’Connor, 95 percent of the brain is matured by age 5, but is not fully developed until adulthood. Brain functions change during adolescence, and these have dramatic impact on adolescent behavior and thinking. These developing functions are critical to self-awareness, emotional control, rational decision-making, and impulse restraint. Thus, the immaturity of the teenager’s brain accounts for their erratic behaviors--which lead parents to think that their teenagers are sometimes simply “crazy.” Parents are the most important influence in their children’s lives, and so the authors encourage them to stay calm and remember that the adolescent today is not necessarily the adult of the future. A “critical tool” for adolescent parenting is respect, according to the authors, and he gives several suggestions for the development of respectful parent-teen relations. Bradley and O’Connor, consistent with many authors of parenting books, encourage parents to examine their behaviors and to make necessary changes prior to attempting to change their child’s behaviors.

The authors offer advice on “team building techniques” that help parent provide positive, realistic, role models for family relationships. These techniques are among several strategies for parenting adolescents that are described throughout. Bradley and O’Connor advocate an “inoculating model” of parenting that encourages parents to expose their teens “small doses” of problem behaviors, such as drinking, in the safety of the family home. This is a much favorable alternative to adolescent experimentation in situations where they may quickly lose control (e.g., drinking at a party). Bradley and O’Connor’s “Ten Commandments” of parenting encourage parents to, among other behaviors, listen to their teens, spend time interacting with them, avoid behaving violently towards them, honor their identity, and recognize that this stage in the parent’s and the adolescent’s lives will soon pass.

**About the Reviewers:** Jodi Thomas has a B.S. in Education, and is a former graduate student in Special Education at Northern Illinois University. Jodi has taught special education. Kathryn Tull has a B.A. degree in International Studies and is also a former graduate student at Northern Illinois University.