
**About the authors:** The mother of three children, Cooke is also a regular contributor of articles on raising teens for several periodicals and newspapers including the *Chicago Tribune, Chicago Parent Magazine,* and the *Los Angeles Times* [from the book].

Kendrick is a licensed psychotherapist with a graduate degree from Harvard University. A licensed psychotherapist, Kendrick has been a family therapist, educator, speaker and consultant for more than two decades. He conducts parenting and family seminars nationwide on raising teens while balancing work and family. He has made numerous television appearances as well as being quoted in several periodicals.

**Summary:** This book offers parents anecdotes and advice on raising adolescents from the early teen years through young adulthood. Cooke and Kendrick and a dozen contributors offer stories of trials and triumphs in parenting teens. The chapters cover topical issues (e.g., recognizing the adolescent transition, handling conflicts over dress and music, staying connected to your teenager when they want to pull away, smoking and drug use). Many of the chapters focus on the parents’ need to re-evaluate their assumptions about teen behavior and how to learn important parenting skills from one’s children.

Each chapter illustrates how such lessons learned are learned, and the authors’ advice is marked by sensible strategies toward staying involved in adolescents’ lives. A common thread is that these parents *like* their teens—even when feel frustrated, annoyed, angered or bewildered by their teens’ behavior. Along with the challenges and trials of parenting come many rewards.

**About the reviewer:**
E. Angela Titus, J.D., is an instructor of introductory writing courses at Northern Illinois University, and has worked as a mediator for juvenile court cases