
**About the authors:** Ezzo is the executive director of Growing Families International. He and his wife, Anne Marie, have two grown children and six grandchildren. Bucknam is the director of Cornerstone Pediatrics in Louisville, Colorado. He also serves on the clinical faculty of the University of Colorado School of Medicine. Ezzo and Bucknam have co-authored the national bestsellers *On Becoming Babywise I, On Becoming Babywise II, On Becoming Childwise,* and *On Becoming Preteen Wise* [from the book jacket].

**Summary:** How can parents put an end to teenage rebellion and restore harmony in the home? First, parents must determine the nature of their relationship with their teenagers. Then, they must act to create a stable, harmonious relationship with the child. Ezzo and Bucknam describe five factors that contribute to teenage rebellion, noting that two or more of them can add up to trouble for a teen: (1) the absence of a moral community; (2) media influences; (3) parental divorce; (4) conflicting temperaments with parents; and (5) unhealthy peer and family relationships. Although it is a widely accepted notion that teens are rebellious, Ezzo and Bucknam acknowledge that teen defiance is not predestined. By paying attention to, confronting, and extinguishing the factors that contribute to rebelliousness, a happy home with teenagers can be created and maintained.

Ezzo and Bucknam encourage parents to lead their teen by their own example in order to increase their influence and build credibility. They suggest that parents stop trying to parent through authority, but rather guide through the strength of the parent-teen relationship. Certainly, teens sometimes need to be corrected and to do this effectively, the authors describe five laws of correction: (1) distinguish between mistakes and defiance; (2) correction must promote learning; (3) the punishment should fit the crime; (4) an offense against a person or property requires an apology, and (5) if financial liability occurs, the teen should make restitution.

People give and receive love in one of five ways, according to the authors. Through encouraging words, acts of service, and gift-giving, and by having quality time with others, through physical touch. By dismissing their teen’s way of showing love, parents may inadvertently reject them. For example, if a teen’s shows love by cleaning the house for their parents, but the parent comes home and doesn’t acknowledge the act, the teen may feel rejected. Keeping such ideas in mind will assist parents in creating deeper understanding of their teen, which ultimately lead to healthier relationships.

**Reviewer** Carmela Rodriguez has a B.A. in English, and she is a former master’s degree student in secondary education.