
**About the authors:** Cline is an internationally recognized physician and adult and child psychiatrist. He has successfully parented his own four children through their adolescent years and has had extensive career experience working with difficult children. Dr. Cline is also a consultant to mental health organizations, school systems, and business and parenting groups across North America.

Fay is an experienced educator and school principal who, at the time of authorship in 1992, had 31 years of experience in the field. He is recognized as one of America’s top educational consultants and has won many awards within the field of education. Jim Fay has also successfully guided his three children through their teen years using love and logic.

**Summary:** This book applies a 'love and logic' approach to parenting teens. Three sections describe (1) the love and logic principles, (2) teen developmental issues, and (3) thirty-three ‘pearls’ of wisdom for parenting teenagers. The authors describe three parenting styles (seemingly similar to the three parenting styles first described by University of California-Berkeley psychologist Diana Baumrind in the early 1970s: authoritarian, permissive, and authoritative). Cline and Fay describe these styles as the drill sergeant, the hovering helicopter, and the consultant, respectively. The consultant parenting approach is the most effective for adolescents, according to the authors, because teens are able to think in more abstract and adult-like ways. Parents are urged to question (i.e., be a consultant for) their adolescent and to offer them choices (e.g., “would you rather clean your room or hire me to do it?”) rather than simply telling them what to do. This technique purportedly builds on the principle of love, which is described by Cline and Fay as “empowering teens to make their own decisions, to live with their own mistakes, and to grow through the consequences.” The logic principle focuses on the consequence of a behavior. Most decisions and mistakes lead to logical consequences, and “those consequences, when accompanied by empathy…will drive home lessons powerfully enough to change a teen’s thinking for a lifetime.” The final section of the book provides concise, love-and-logic solutions to a variety of adolescent problems—everything from breaking curfew to eating disorders.

**Reviewer** Jenny D. Swanson has a B.A.S. (Bachelors of Applied Science) and is a graduate student in clinical psychology at Northern Illinois University. Reviewer Lucas Jeanmarie has a B.S. degree, is a graduate student at Northern Illinois University, and an aspiring mathematics teacher.