



Raising Emotionally Intelligent Teenagers: Parenting with Love, Laughter, and Limits

Maurice J. Elias Ph.D., Steven E. Tobias Psy.D., Brian S. Friedlander Ph.D.

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The authors of **Emotionally Intelligent Parenting** focus their attention and expertise on the toughest parenting job of all: raising emotionally intelligent teenagers.

Just when parents think they've successfully navigated the baffling challenges of raising young children, they're astonished to find those same kids have become teenagers -- an entirely new genus altogether!

Raising Emotionally Intelligent Teenagers provides specific strategies for applying the insights of Daniel Goleman's best-seller, **Emotional Intelligence**, to this most challenging stage in parenting.

Not only do raging hormones make everything more intense for teenagers, but they have their own special issues concerning identity, self-confidence, peer pressure, and responsibility, including individuating from their parents. Drs. Elias, Tobias, and Friedlander, all respected experts in child behavior, have written a clear, informative book of sound advice to help parents raise knowledgeable, responsible, nonviolent, and caring teenagers who will mature into well-adjusted young adults.

Raising Emotionally Intelligent Teenagers is packed with real-life scenarios, practical strategies, the answers to the questions parents ask most frequently, and even questionnaires and quizzes. All of this useful information is drawn from the authors' professional and personal experiences and is given with warmth and humor.

There is a great chapter for parents and teens to read and laugh over together and one that addresses teens who are particularly tough to raise. The authors, professionals and parents who have seen it all, know how to help you and your teenagers communicate.

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