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PESSIMISM? YOU  
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**Martin Seligman**

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Jordan Peterson:

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*Benefit World's*

*Poorest Is*

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**Theory**

**Overrated?**

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And Tweens

John Duffy

(Foreword) 4.5 out

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**Raising Teens ...**

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If you can get there as a parent, you can begin to enjoy a healthy, satisfying, exciting new kind of relationship with your teenager, a relationship with a foundation not of fear, but of radical optimism. Dr. John Duffy's The Available Parent is

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And Tweens.  
a revolutionary  
approach to taking  
care of teens and  
tweens.

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Start your review  
of The Available  
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Tweens. Write a review. Jan 06, 2013 Kelly rated it was amazing.

This is my first parenting book about adolescents and teenagers, and I picked a good one. The focus of the book is how to maintain a really open and loving relationship as

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children become  
teenagers.

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Duffy, Thomas  
Phelan. Teenagers

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Parents are left feeling  
unheard and  
misunderstood,  
and parents are  
left feeling  
bewildered by the  
changes in their  
child at  
adolescence and  
their sudden lack  
of effectiveness as  
parents.

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We have a  
tendency today to  
over-parent,  
micromanage, and  
underappreciate  
our adolescents.

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The Available  
Parent is a  
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Parent of teens and  
tweens. The  
available parent of  
a teenager is open  
to discussion,  
offering advice and  
solutions but not  
insisting on them.

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If you can get there

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As a parent, you can begin to enjoy a healthy, satisfying, exciting new kind of relationship with your teenager, a relationship with a foundation not of fear, but of radical optimism. Dr. John Duffy's The Available Parent is a revolutionary

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Approach to taking  
care of teens and  
tweens.

Raising Teens

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Raising Teens and  
Tweens is a  
refreshing take on

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parenting. Dr. Dr. John Duffy, family counselor, life coach and “top teen expert” (an honorific all the more remarkable for its near impossibility) proposes proven techniques to negotiate the ever-changing, seismic shifts of puberty



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John Duffy  
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and Tweens" ... a  
thriving private  
practice in the  
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Duffy works with both teens and adults and specializes in helping parents maximize satisfaction and minimize conflict in their relationships with their teenagers. In addition to clinical work, he also ...

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disagree Radical  
vehemently,” says  
John Duffy, clinical  
psychologist and  
author of the “The  
Available Parent:  
Radical Optimism  
for Raising Teens

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**7 mistakes  
parents make  
with teens - The  
Washington Post**

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THE AVAILABLE  
PARENT RADICAL  
OPTIMISM FOR  
RAISING TEENS  
AND TWEENS. by

John Duffy.

RELEASE DATE:

June 1, 2011.

Raising a teenager  
can be just as  
much of an  
emotional roller  
coaster as being a  
teenager, but

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Parent Radical  
psychologist,  
certified life coach  
and parenting  
expert Duffy  
assures parents  
that it doesn't have  
to be such a  
turbulent ride ...

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are left feeling  
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of effectiveness as  
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(Author), Dr.  
Thomas Phelan  
(Foreword) 4.4 out  
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“knowledge that  
we can handle  
challenges,  
difficulties and  
hardships in our  
lives,” according to  
Duffy, also author  
of the book The  
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## **Therapists Spill: How To**

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**Strengthen Your Resilience**

The available parent : radical optimism for raising teens and tweens. [John Duffy] -- Offers strategies and tips for building a stronger and healthier relationship between parents

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John Dully

and teenagers that  
focuses on parents  
readjusting how  
they interact,  
interpret, and  
communicate with  
...

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John Duffy the

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and Tweens. He

talks to us about

how to minimize

conflict and

maximize

satisfaction in your

relationship with

your child. We

have a tendency

today to over-

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parent, micro-  
manage, and under-  
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adolescents. Dr.

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