



# The Launching Years: Strategies for Parenting from Senior Year to College Life

*Laura Kastner, Jennifer Wyatt*

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Launching a child from home is second only to child-birth in its impact on a family. Parents can end up reeling with the empty-nest blues, while teens find their powers of self-reliance stretched to the breaking point. During the time of upheaval that begins senior year of high school with the nerve-wracking college application process and continues into the first year of life away from home, **The Launching Years** is a trusted resource for keeping every member of the family sane. From weathering the emotional onslaught of impending separation to effectively parenting from afar, from avoiding the slump of “senioritis” to handling the newfound independence and the experimentation with alcohol and sexuality that college often involves, **The Launching Years** provides both parents and teens with well-written, down-to-earth advice for staying on an even keel throughout this exciting, discomfoting, and challenging time.

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