



# **Setting Limits with your Strong-Willed Teen: Eliminating Conflict by Establishing Clear, Firm, and Respectful Boundaries**

*Robert J. MacKenzie Ed.D.*

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**From the bestselling Setting Limits series comes an invaluable guide for parents of strong-willed teenagers that explains how to effectively enforce discipline, encourage healthy growth, and create rewarding relationships with teens.**

Parenting modern teenagers is an enormous challenge. Teens have always been prone to rebellion and limit-testing. But in today's world of Twitter and Facebook, enormous academic and extracurricular pressure, and corrosive media influence, raising a teen to be well-adjusted, respectful, and mature enough to make good decisions is tougher than ever. Fortunately, *Setting Limits with Your Strong-Willed Teen* offers powerful, time-tested tools for moving beyond traditional methods that wear parents down while getting nowhere, and zeroing in on what really works so parents can use their energy in more efficient and productive ways. By understanding how to draw clear limits without lapsing into punishment or permissiveness, parents will be able to foster good judgment, build stronger bridges of communication and mutual respect, and end destructive power struggles. This is an invaluable resource for anyone wondering how to effectively build a positive, respectful, and rewarding relationship with their teen.

In *Setting Limits With Your Strong-Willed Teen*, you will learn how to:

- Understand your Strong-Willed Teen
- Set firm and meaningful limits that your teen will respect
- Motivate your teen to cooperate and communicate respectfully
- Develop your own patience and a better tolerance for natural changes
- Hold your teen accountable with instructive natural and logical consequences
- Determine your teen's readiness for new freedoms and privileges
- Teach your teen valuable lessons about character and trust
- And much more!

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