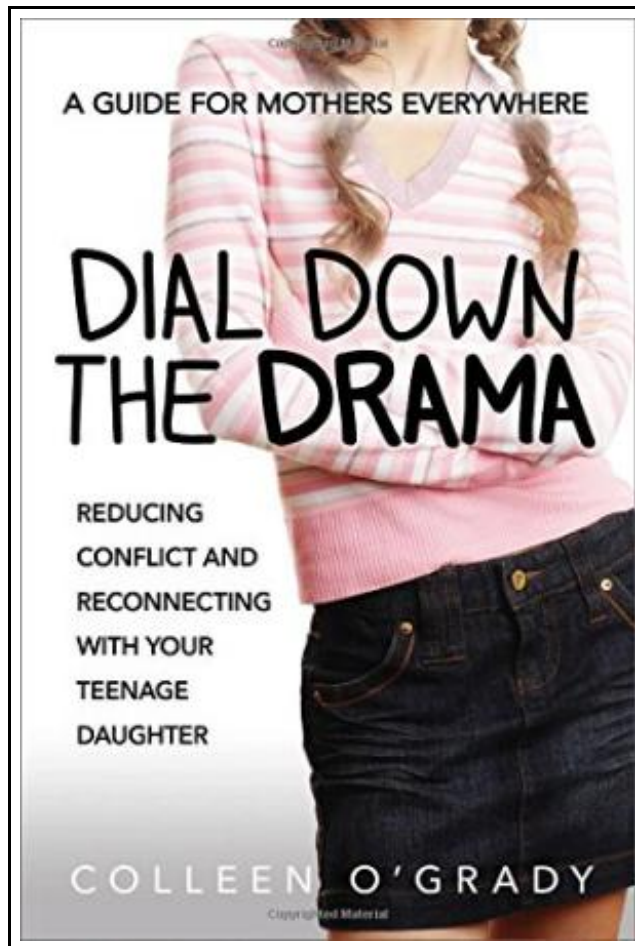


## Dial Down the Drama: Reducing Conflict and Reconnecting with Your Teenage Daughter - A Guide for Mothers Everywhere



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## DIAL DOWN THE DRAMA: REDUCING CONFLICT AND RECONNECTING WITH YOUR TEENAGE DAUGHTER - A GUIDE FOR MOTHERS EVERYWHERE



Amacom. Paperback. Book Condition: new. BRAND NEW, Dial Down the Drama: Reducing Conflict and Reconnecting with Your Teenage Daughter - A Guide for Mothers Everywhere, Aingeal O'Grady, One moment your daughter is fun-loving and energetic--a pleasure to be around. The next she's sulking in silence, or worse, screaming and slamming the door. Congratulations, you're the mother of a teenage girl. Your daughter is on an emotional roller coaster. Responding in kind just adds fuel to the fire and erodes your relationship. Teens need a stable anchor--a mom who calmly de-escalates scenes and parents intentionally, even when her child is pushing away. Written by a popular family therapist, "Dial Down the Drama "reveals how to reclaim your center and reconnect with your teen. It helps you: Regain perspective - Break the cycle of conflict - Tune in to your daughter without drowning in her drama - Foster spontaneous conversations - Understand the developing adolescent brain and how it influences behavior - Appreciate her for who she is now--a wonderful, work in progress - Replace worrying and overreacting with effective communication and action - Forge a healthy and lasting bond together Moodiness, anger, and defiance can stress the best of us. This empowering guide gives you the tools you need to defuse the drama--and dial up the joy.



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