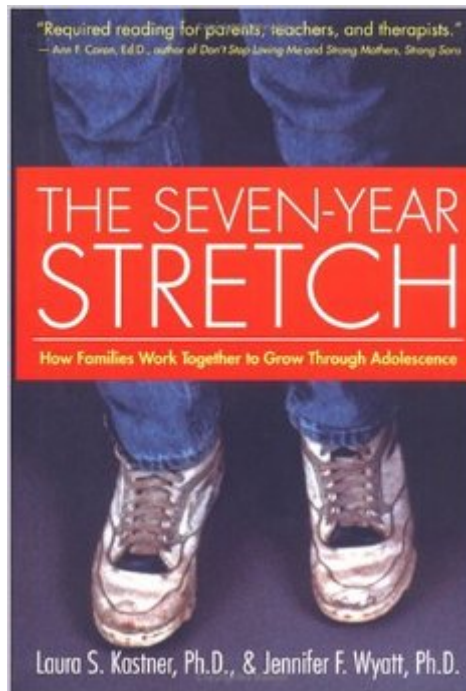


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# The Seven Year Stretch: How Families Work Together To Grow Through Adolescence



## Synopsis

Viewing adolescence in the context of the family, *The Seven-Year Stretch* is the first book to show parents how and why some teenagers end up well adjusted while others end up in trouble. Why are some teens impulsive rule-breakers, while others seem more mindful of right and wrong? Why do some turn to drugs and alcohol regularly, while others experiment only on occasion? Why are some families constantly battling, while others have only minor conflicts? How can parents distinguish between normal rebellion and deeper problems? In this book, Laura Kastner, Ph.D., and Jennifer Wyatt, Ph.D., introduce us to a range of families---from thriving to struggling---and explain how their behavior patterns, past and present, affect the teenager's development. Garnered from Dr. Kastner's clinical and teaching experience, these true-to-life stories and dialogues illustrate the impact of such factors as clashing parenting styles, the temperaments of parents and children, parents' own unresolved issues, marital dynamics, and circumstances such as divorce, financial stress, and cultural differences. With optimism and creativity, the authors explain how parents can harness their family strengths to face today's challenges for adolescents. They look beyond the "shoulds," describing what different parenting approaches look like and sound like in action. Readers of the best early child-rearing texts of the times, from T. Berry Brazelton to Selma Fraiberg, will find *The Seven-Year Stretch* an essential guide to the passage through the next stage---adolescence.

## Book Information

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## Customer Reviews

I picked up this book a few weeks ago - my two daughters are twelve and fourteen. I could not put it

down. Every page is applicable to our lives. I felt reassured that my girls are very normal, and that I am doing okay. Situations from real-life 'positive' family interactions remind me of where I can improve in my communication as a parent. Lessons are realistic, not restricted to an ideal world, or unattainable in our chaotic, busy household. The book is kept in the 'reference' section of our library, and as issues arise, I turn to the Table of Contents to find the chapter pertaining to my quandry - sexuality, social issues with peers. I have shown excerpts to my older daughter, and we laugh together, seeing ourselves, and finding solutions agreeable to us both. My only complaint is that the book is only 300 pages - we have more questions with which I am sure the authors could offer insight. Bottom Line -- This book is real life, practical, helpful.

I'm an auntie of a 12 year old niece and a 10 year old nephew. This is the first book I've read on the mystery of adolescence and it was exactly what I was looking for. Clear, easy to understand, doable ideas and logic for keeping these tough relationships on track. Great anecdotes that remind you how painful it was to be that age - what you were thinking about. Great examples, concise, and hopeful - a great read. I especially enjoyed the chapter on "launching" - who knew there were so many issues, so much to consider, when pushing a child out of the nest SUCCESSFULLY say, to college?

Dr. Kastner's style is very down-to-earth yet transmits concentrated, dense information/wisdom that parents probably need to read more than once to fully absorb. The one disappointment is the lack of an index. As I put down the book and later picked it up to review, I always found myself going to the index and finding there was none. The material would be more accessible if an index were added, as the table of contents isn't sufficiently detailed to help locate very specific points.

Raising teens is not easy but this book is very helpful in understanding some of the intricacies parents encounter along the way. Helps to separate normal behavior with "behavior that is not quite right. Would encourage all to read. I read a little a day so I could digest all the info.

If only I had known this book existed, I would have used it every day when my kids were first teens. And as a couple it has helped us on the tail end of the many issues facing teens and parents in today's world. Great book Good reinforcement and techniques for doing the right thing and coming out ahead!

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