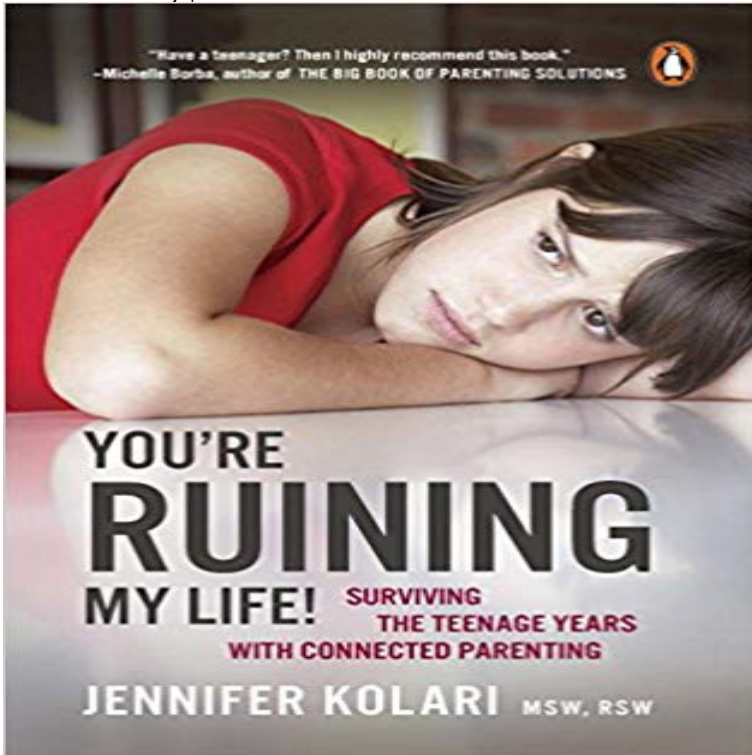


You're Ruining My Life!: Surviving The Teenage Years With Connected Parenting



Imagine that there is a medication you could administer to your teens that would help regulate their moods, increase their sense of trust, and improve their overall brain function. Imagine, moreover, that its free, has no negative side effects, and helps to boost the immune system. And its available in an unlimited supply. It sounds too good to be true, but in *You're Ruining My Life!* Jennifer Kolari shows how her unique approach to parenting can have all these effects and more. Kolari's CALM technique is based on the therapeutic strategy of mirroring. Used regularly, it can strengthen the parent-child bond and build emotional independence.

Kolari provides information, advice, sample conversations, and anecdotal examples to show how parents can turn what they have learned into everyday practices that help them to reconnect with their teens so they can spend more time enjoying each other and less time at war.

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