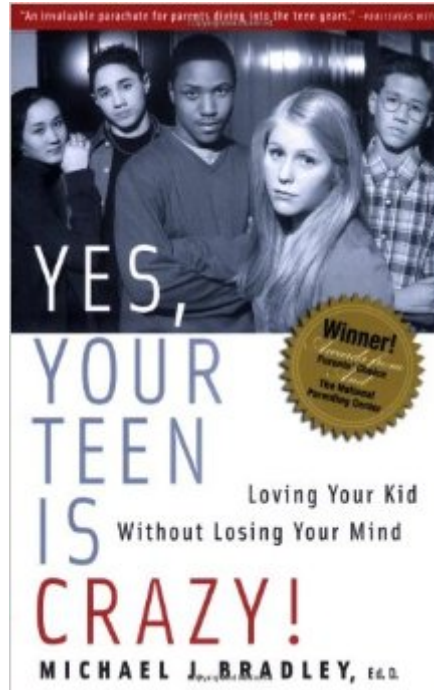


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# Yes, Your Teen Is Crazy!: Loving Your Kid Without Losing Your Mind



## Synopsis

Now in paperback! Here is the book that updates the rulebook, giving parents the training and skills they need to transform their teenage children into strong, confident, productive adults.

## Book Information

Paperback: 363 pages

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Best Sellers Rank: #10,067 in Books (See Top 100 in Books) #34 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

## Customer Reviews

Before reading this review, you should know that this book contains language and subjects that would cause it to exceed an R rating if it were a motion picture. These vulgarities, sexual references, and violence are essential to the book's content. The author also apologizes for the need to employ them. If your teenager had a serious case of the flu, you would be sympathetic and helpful. When the same teenager acts in ways you disagree with, are you inclined to be unsympathetic and challenging? Dr. Bradley argues in this intriguing book that your reaction should be very similar. Both are usually natural occurrences of body dysfunctions from which your teen will recover. Although that may sound like a psychological metaphor, Dr. Bradley points out that research with MRIs shows that the growth of the corpus callosum (which coordinates cross-brain functions) and development of the prefrontal cortex (which civilizes responses that the old brain stimulates) are both occurring during the teenage years. Until those brain developments are more complete, your teen will react in bizarre ways that she or he will be unable to explain. I found that way of thinking about teenage behavior to be fascinating. My own description of the teenage years experienced by our children was that boys' behavior generally went downhill until age 13 when it bottomed out, to begin gradually improving thereafter. For girls, the decline in behavior seemed to begin around 13, and started to improve after age 20. Dr. Bradley points out that teens have always been like this. So what has changed? We've created a world dripping

with sex, drugs, and violence and plunked our temporarily insane children in the middle of it. Parents often treat their teens as though they can handle it.

Get the book and read it... Memorize it and practice Dr. Bradley's suggestions until they become your first reaction to the teenage craziness around you. I don't say this casually. I say this because I know, for a fact, what Bradley says works. It works when nothing else seems to and when you are absolutely certain you have no idea where that ex-child, now crazy person, came from. Less humorously...his suggestions work when you are desperately close to watching your son or daughter become a statistic. It works when nothing else has and, believe me, if you are at this point in his or her life, nothing else might. Simply put, Dr. Bradley saved my son. Now, he will say that I did, and I may have been the one who was mouthing the words and acting the part, but the words were his and the role was his, both borne from years of sensitive and insightful counseling of parents and their teenagers. I know. I sat on the couch across from his. He watched and listened and I was hysterical. He made the same suggestions (quietly and dispassionately!) to me in my insanity that he shares in his book. He pounded them into my head and I became convinced of a few things: my son was crazy and I was his anchor. It is a few years later and my son and I are emerging from the insanity of those years, but I keep the book close by and I read and reread his words and I hear them echo and I vow always to follow them: "dispassionate cop" "short sentences, few syllables" "apologize (me, not my son)." Of course, I sometimes fail, but teenagers have a generous way of providing more opportunities to practice. I knew I had been given one of those chances and succeeded when I responded calmly, and dispassionately in a short sentence of few syllables and my son said, "Mom..."

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