

## The Available Parent Radical Optimism For Raising Teens And Tweens John Duffy

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The Available Parent: Radical Optimism for Raising Teens and Tweens" ... Be truly available, and your relationship can be among the greatest joys of your life. Exercise. Indulge me for just a few moments in an exercise. Find a time when your teenager is occupied in a more public area of your home, somewhere other than her bedroom.

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### The Available Parent: Radical Optimism for Raising Teens ...

We speak with Dr. John Duffy the author of The Available Parent – Radical Optimism For Raising Teens and Tweens. He talks to us about how to minimize conflict and maximize satisfaction in your relationship with your child. We have a tendency today to over-parent, micro-manage, and under-appreciate our adolescents.

### Radical Optimism For Raising Teens and Tweens- Dr. John ...

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### The Available Parent Radical Optimism For Raising Teens ...

In his new book, The Available Parent, he teaches parents to minimize conflict and maximize satisfaction in their relationships with their adolescents. It was the subtitle to the book that caught my attention: radical optimism for raising teens and tweens. There is so much negativity out there about being the parent of an adolescent.

### The Available Parent by Dr. John Duffy - Adolescence

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