

# Entenderse con adolescentes. Tú me importas

Relating to teenagers. You matter to me



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The book you have in your hands is an eminently practical work addressed both to parents of adolescent children, and tutors and secondary school teachers in general.

In most cases, the difficulties we express when accompanying the growth in adolescents are common and identical. So, after listening to many couples and groups (family forums) the author, with a clear and entertaining language, offers us a book that contains ideas, creative recipes, and very realistic proposals that can support our work as parents.

The solutions, tools and strategies we are presented with, as well as the practical exercises included, will be very useful for parents to be able to develop our own recipe based on a careful analysis of the situation in which our children are currently and adapting the actions that seem more appropriate according to each particular case

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