Parenting teens can be hard. Well-meaning, loving and motivated parents often struggle with their teenagers – in part because of cultural influences. Though trends and technology will always change, the adolescent need for autonomy remains the one foundational issue that is the largest obstacle to a healthy parent/teenager relationship. Dr. Wilgus clearly outlines his method for safely and effectively meeting this need: Planned Emancipation. Once parents clearly understand adolescents’ needs and know how to respond, parenting a teenager becomes much less frustrating. Even their teenagers join in to help out!

**Helping families flourish**

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