



# Helping Your Chemically Dependent Teenager Recover: A Guide for Parents and Other Concerned Adults

*Peter Cohen M.D.*

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## **Helping Your Chemically Dependent Teenager Recover: A Guide for Parents and Other Concerned Adults** Peter Cohen M.D.

*Helping Your Chemically Dependent Teenager Recover* is written for the parent whose child has serious problems with alcohol or other drugs. It recognizes that both teenager and parent need to recover from the disease of chemical dependence. This book encourages readers to educate themselves about recovery, work hard and take new risks, and experience being successful as parents. Helping a teenager recover from chemical dependence is one of the most loving things a parent can do. This book provides a step-by-step guide on how to do it.

### *Helping Your Chemically Dependent Teenager Recover*

- Describes teenage recovery as a slow but steady process of growth and change unique to the developing adolescent.
- Outlines four stages of recovery: crisis control, stability and structure, consistency and balance, and attachment.
- Details problems faced by both teens and parents at each recovery stage.
- Explains tasks to accomplish that lead teens and parents through each recovery stage.
- Empowers parents to help their teenager recover and to find personal relief from the pain of their child's chemical dependence.

Parents seeking clear information about their teenager's chemical dependence, its effects, and the recovery process will find this book an informative and invaluable guide.

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Playing with family in a park, coming to see the coastal world or hanging out with friends is thing that usually you may have done when you have spare time, and then why you don't try thing that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Helping Your Chemically Dependent Teenager Recover: A Guide for Parents and Other Concerned Adults, you can enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't have it, oh come on its referred to as reading friends.

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