



"This book is awesome. It will help you discover how to believe in yourself and see how easy it is to feel comfortable with who you really are, not who others think you should be."

—CLAY AIKEN

From the foreword

YES, YOUR PARENTS Are CRAZY!

A TEEN SURVIVAL GUIDE

WARNING! Teenage lab rats exposed to this book experienced serious side effects. The same could happen to you. Reading inside this book could cause you to...

- Breeze through school and get better grades with six cheap and easy tricks.
- Find out how you can become a sports star, a famous guitar player, or lead singer in a band ... without years of practice!
- Get what you really want from adults every single time without having to argue. Need more money? "You've got it!" Want to stay out late? "No problem."
- Learn how to handle those bizarre creatures (your parents) who are probably peering over your shoulder right now to see what kind of trash you're reading.

READ THIS BOOK AT YOUR OWN RISK! You have been warned.

"One of my favorite parts of the book is when Dr. Bradley compares bad feelings to rotten food, and he says they can hurt you only if you keep them inside. His advice? Go throw up on an adult ... emotionally, that is. This is a great book!"

—Justin, age 17

"This book really made me think and laugh! I loved the true stories of teenagers dealing with all kinds of situations in life, and I think kids everywhere will relate to them. The tips for handling parents are excellent!"

—Emily, age 13



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