



Yes, Your Teen Is Crazy! Loving Your Kid Without Losing Your Mind

by Michael Bradley



Run, don't walk, to the bookstore to get this book if you are raising a teenager. We have a sign in one of the treatment offices that says, "Raising a teenager is like trying to nail Jell-O to a tree." For all of us raising teenagers, we experience both the delight and frustrations in our children during this challenging and rewarding phase of their development. This book is a terrifically helpful resource for all parents — it's easy to read, fun, reflective and informative. Dr. Bradley is frank: "Adolescents are temporarily brain-damaged" ... "most kids will become obstinate, disrespectful, and in your face at times." ...

Our role as parents is to decipher what is "normal" vs. what we need to intervene on. In the end, it is about raising self-confident, successful and well-balanced young people. ~ **Dr. Michele Winchester-Vega**



As a grandmother of five and a clinical social worker, I find Bradley's book a must read for parents trying to survive the roller coaster through adolescence. Not only is his title catchy, but also his sense of humor is contagious. I found his research compelling, and I even chuckled out loud at his hilarious metaphors. The one that stands out for me and I repeat often to my daughter, who is raising teens, is his quote comparing adolescence to the diaper phase: "It is a rough time ... it can be messy ... it's often smelly ... but it is temporary." ~ **Diane Light-Spiro**



This is a must read for all parents, whether it's to address anticipatory anxiety over the upcoming teenage years or to manage the insanity because you are already in it. I especially liked the chapter on the adolescent brain and how parents are so essential in the "brain rewiring" process. Bradley states: "Though the brain-rewiring process, the sins of the parents do become the insanity of the adolescent. Likewise, the wisdom of the parents can become the salvation of the teenager." ~ **Dianna Chillo**



Adolescence, for some, is a difficult transition characterized by moodiness, selfishness, and withdrawal from the family. It is often a time of high stress for parents who feel that they have "lost their sweet little girl or boy." This book outlines the developmental stages with straightforward information combined with just enough humor to make parents feel they have a fighting chance in surviving it. Parents to whom I refer this book relate to the behaviors described by Bradley, and appreciate the parenting interventions offered.

All aspects of this book are helpful and informative to parents raising teens. ~ **Susan McVey**



I absolutely loved this book. It is insightful and quite entertaining. I enjoyed Bradley's approach of telling it like it is. Parents sometimes forget that they were "nuts" during adolescence, too. I often try to help parents understand that when their teen says something like "You just don't understand me," the teen is right, and it is OK to concede this. The teens' world today is complicated by their almost instant access to almost anything, which increases kids' sense of immediate entitlement. This has made parenting more difficult, and requires us to be savvy in our understanding of using technology responsibly. ~ **Victoria Sullivan**



A must read for any parent. The focus of his book is that as parents we truly are the most influential people in our child's lives — even if they do act crazy. Bradley writes in a no-nonsense tone, yet manages to provide parents with hope, insight and skills to navigate raising a teenager. Bradley utilizes the "10 Commandments of Parenting Your Teen." With humor, he helps parents to guide and communicate more effectively. Bradley normalizes the adolescent development process for parents and lets us know we are certainly not alone, and "this too shall pass." ~ **Suzanne Vizethann**