



Crazy-Stressed: Saving Today's Overwhelmed Teens with Love, Laughter, and the Science of Resilience

Michael J. Bradley

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It takes a sense of humor and a great deal of determination to raise a teenager. *Crazy-Stressed*, by Dr. Michael J. Bradley, has an abundance of both.

Part one of the book discusses the environmental stressors that exist for modern teens, far more than existed for previous generations. It also provides information on how the brain is developing and explains why changes in mood or even personality can be so fast and unexpected. Part two begins the process of teaching parents to build strategies for helping their teen cope with this difficult time in life. Finally, part three looks at specific behavioral issues such as acting out, using drugs, and hating school, with the dos and don'ts of handling each issue.

Honesty is offered in generous doses along with a great deal of wisdom in this book: "In the best of times we're never sure if we're really doing the best of things. In the worst of times we're positive that we're doing the worst of things." The author is a psychologist who has worked with teenagers, and is also a parent. The book strikes a good balance between academic theory, the practical advice of a seasoned therapist, and the sometimes painful reality of a parent who has been in the trenches. The content is laid out in a logical manner, starting with science and theory and moving through general parenting tactics and finally ending with how to handle unique situations. It is laced throughout with humor and offers a great deal of hope.

Crazy-Stressed is simply excellent. Those lucky enough to read it will likely find that they are able to use the information it contains to make the teen years less stressful for both teens and parents. It can help parents raise their teens to be resilient adults who can better handle life's inevitable difficulties.

CATHERINE REED-THURESON (May/June 2017)

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