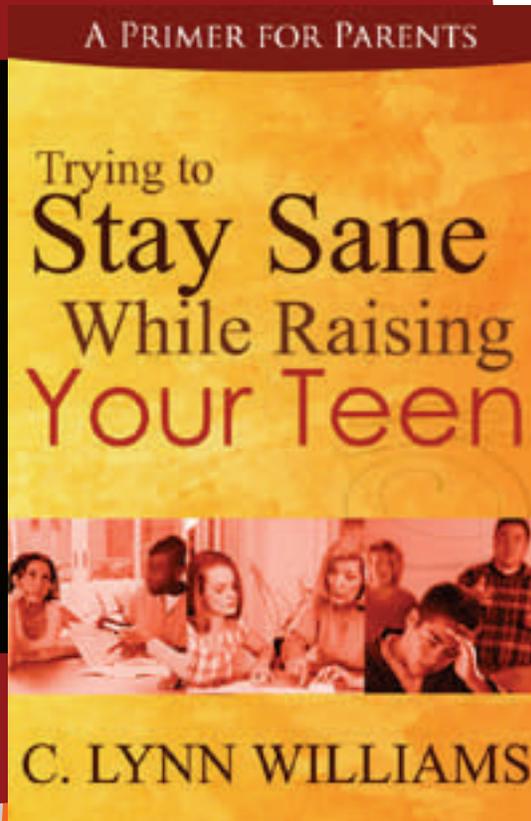


# Build great relationships!



**Title:** *Trying to Stay Sane While Raising Your Teen*

**Author:** C. Lynn Williams

**Category:** Inspirational/Educational

**Format:** 8.5 x 5.5 x 0.1 inches

**Paperback:** 58 Pages

**Publisher:** St. Paul Press

**ISBN:** 978-0982796641

**Language:** English

**Website:** [www.clynnwilliams.com](http://www.clynnwilliams.com)

## Product Description

Raising a child is a responsibility that you can underestimate. As the teenage years set in, you feel the demands of parenthood grow even greater as you now face resistance and constraints when it comes to rearing a child that suddenly has a mind of his/her own.

Does this sound familiar? Remember thinking, 'I am so tired of repeating myself... no matter how many times I tell my kids to stop their tantrums...Nothing seems to work and I don't know what to do anymore!' When you are reading the Foreword to '*Trying to Stay Sane While Raising Your Teen*', you'll learn to redefine the meaning of the phrase 'Growing up' and how to interpret and move through the maze of myths that stand in the way of your child experiencing responsible behavior.

- ◆ Find solutions
- ◆ Gain practical tips
- ◆ Keep yourself in check when you are about to explode
- ◆ Take things more lightly
- ◆ Create a wonderful relationship with your teen

## Author Bio

**C. Lynn Williams** is an author, workshop presenter, former high school teacher, wife and mother of four adult children. She holds a Masters in Business Administration, having attended Roosevelt University in Chicago, Illinois. In addition to writing, she is an avid reader, health enthusiast, and an educator.

Her first book, *Trying to Stay Sane While Raising Your Teen* was published by St. Paul Press in August, 2010

Her second book: *The Pampered Prince—Moms: Create a Great Relationship with Your Son* was published in May, 2012

Her newest book: *How to Turn Your Princess Into a Queen—The Art of Raising an Awesome Daughter* is due out in June, 2013