

FOR IMMEDIATE RELEASE:

**CHANGeworks PUBLISHING DEBUTS JEWISH LEADER'S GUIDE FOR  
"PLEASE STOP THE ROLLERCOASTER! HOW PARENTS OF TEENAGERS  
CAN SMOOTH OUT THE RIDE"****New Jewish Parenting Program Designed for  
Jewish Schools, Synagogues and Parent Groups**

April 30, 2007; Acton, MA: ChangeWorks Publishing, the publisher of the nationally acclaimed "Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride" book for parents of teenagers, announced today the immediate availability of a Jewish leader's companion guide to its parenting book. The [Jewish Leader's Guide](#) for *Please Stop the Rollercoaster!* is designed for Jewish Schools, Synagogues and Parent Groups who want to discuss and learn about parenting teenagers within the context of the Jewish faith. (more info: [www.PleaseStoptheRollercoaster.com](http://www.PleaseStoptheRollercoaster.com)).

[Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride](#) is a guide for busy parents of teenagers who find themselves unsure of their changing role. Grounded in research, this book offers a wealth of practical, succinct information. It guides parents to examine and discuss the most important issues they are likely to face. The hands-on approach helps parents understand their developing adolescent. The Jewish Leader's Guide for *Please Stop the Rollercoaster!* is coauthored by Sue Blaney and Robin Shiffrin M.S.ED., M.S. MFT, a Jewish Educator and practicing Family Therapist.

"The Judaic component to the program is exactly what parents of Jewish teens need in order to view the curriculum through a Jewish lens," said Lisa Soble Siegmann, Associate Director of Jewish Experiences for Families/Informal Education with the Jewish Federation of Metropolitan Detroit. "Within the comfort of Jewish text, holiday and cultural experiences, parents will relate to the Jewish components while experiencing the secular. It is an excellent mix."

"I saw that parents were often frustrated and lost dealing with their teens and hungry to talk with other parents. And there is no better place for parents to come together to get

support for these issues than in their synagogue or Jewish school,” said Robin Shiffrin M.S.ED., M.S. MFT and coauthor of *Please Stop The Rollercoaster! Jewish Leader’s Guide*. “

Ms. Shiffrin, who has spent 18 years as the Education Director of a synagogue and is a practicing family therapist, continued, “I was drawn to the *Please Stop the Rollercoaster!* program because the materials are based on up-to-date research and offers the view that parents are the experts and have much to learn from one another.”

Set out in chapters that are organized as discussion sessions, the program provides a framework for parent discussion and learning, and provides Jewish text readings to deepen the Jewish context for each discussion. The program helps parents improve communication, understand “normal” adolescent behavior and examine their role in keeping kids safe from risky behavior. It guides parents to examine key issues before being faced with a crisis, to stop reacting and to learn how to be intentional in words and actions. Designed for typical families facing typical issues, it has been developed for parents raising teens in grades 6 – 11, and it helps parents and teens improve their relationships.

The program is comprised of eight two-hour meetings, although it can be run as a shorter program. Designed to be similar to a book group, participants utilize *Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride* for course material while the discussion leader facilitates the discussion using the *Jewish Leader’s Guide*. Promotional materials are included with the Jewish Leader’s Guide to aid Jewish family educators and others in promoting the program. In addition, optional training is available for discussion leaders.

The introductory bundle price for the Jewish Leader’s Guide and a copy of *Please Stop the Rollercoaster!* is \$59.00, with quantity discounts available for the *Please Stop the Rollercoaster!* books.

Detailed information and free excerpts are available at:

[www.PleaseStoptheRollercoaster.com](http://www.PleaseStoptheRollercoaster.com)



## About ChangeWorks Publishing

*Founded by Sue Blaney, ChangeWorks Publishing* delivers programs and products that educate, empower and connect parents of teenagers and those who work with them. Sue Blaney is the author of the nationally acclaimed "*Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride,*" a parent discussion group program in a book. Additionally, Changeworks Publishing has developed corresponding Leader's Guides for parents and professionals who run secular, Christian and Jewish "Rollercoaster Parenting Groups" across the United States. Other "rollercoaster" programs include tele-seminars, leader training and a parenting blog at [www.PleaseStoptheRollercoaster.com](http://www.PleaseStoptheRollercoaster.com). As a communications specialist and the parent of two teenagers, Ms. Blaney speaks frequently to parents, educators, and other professionals about parenting issues, improving communications, increasing parent involvement and creating parent discussion groups.

For further information contact Sue Blaney at 978-264-0692 or 1-800-234-2150

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