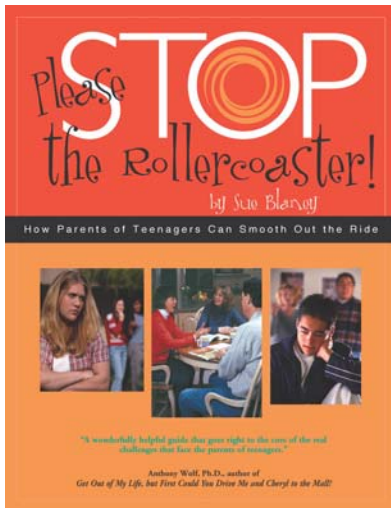


Please STOP the Rollercoaster!

HOW PARENTS OF TEENAGERS
CAN SMOOTH OUT THE RIDE



ISBN: 0-9727779-4-6 \$24.95

Sue Blaney, CPBA, is a communications expert and the parent of two teenagers who specializes in managing the human side of change. She speaks frequently to parents, educators, and other professionals about parenting issues, improving communication, increasing parent involvement, and creating parenting discussion groups.

**ChangeWorks**
PUBLISHING & CONSULTING

To order: your favorite bookstore, or
www.PleaseStoptheRollercoaster.com

978-264-0692

Parenting teenagers ... *Just got easier!*

Parents of teenagers are worried!

They see changing behavior and they wonder “what’s normal?”
They worry about their kids experimenting with risky behavior.
They ask “Am I doing this right? What are the rules?”

Parents need three things to help them smooth out the ride:

CONFIDENCE • KNOWLEDGE • CONNECTIONS

Please Stop the Rollercoaster! 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.

Used independently, or in a parenting discussion group, this book will help you:

- Learn from the experiences of other parents and examine the most important issues you may face,
- Stop reacting and learn how to be intentional in words, actions,
- Examine key issues before you are faced with a crisis,
- Explore specific ways to improve communication with your teen,
- See your influence on your teen’s engagement in risky behaviors,
- Learn about the importance of friends and the impact our culture has on your adolescent.

“This is a book I think you need to read! It brings together important information from a wide variety of sources, and walks parents through questions, issues and situations they may face...[it’s] hands-on approach will help parents...improve dynamics in their family.”

Dr. Laura Schlessinger

As featured on her nationally syndicated radio show

“This is an outstanding book on the subject of raising teenagers.... an inspiration to other families...a wonderful guide of hope ...”

Positive Parenting Magazine

Rave reviews:

“This is a wonderful resource! All parents who want to understand their teenager more, and establish effective communication, will find this book to be a very helpful and useful guide.”

David Gleason, Psy.D; Psychologist in Private Practice, Concord, MA

“I looked for about five years before I found the perfect parent education book—YOURS!”

Susan Johnson, Ph.D., Former President, Ohio Middle School Association

“This book, more than any other parenting book I’ve read, gets people talking. It’s the beginning of a dialogue that will help you through the rough spots of parenting your adolescent.”

Carole Heaton, Roswell, GA; parent of teenagers

“This book is a springboard for great ideas.”

Nancy Gardiner, Trumbull, CT; parent of teenagers

“Sensible, straight-forward and fastidiously researched—everything one needs to know to parent teens...”

Kate Frank, Albuquerque, NM, parent of teenagers

“Please Stop the Rollercoaster! is like a well-organized college-level class..., wrapped up in an easy-to-use workbook. Parents searching for a lifeline will feel that they’ve grabbed on to something substantial with this book.” ForeWord Magazine, July/August 2004

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 **ChangeWorks** PUBLISHING & CONSULTING

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www.PleaseStoptheRollercoaster.com Fax 978-263-7717

Rave Reviews for

***Please Stop the Rollercoaster!*
*How Parents of Teenagers Can Smooth Out the Ride***

FROM PROFESSIONALS AND MEDIA:

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Dr. Laura Schlessinger
on her nationally syndicated radio program

“*Please Stop the Rollercoaster!* provides the structure for parents to engage in a highly valuable text-based discussion program where they learn together and discuss their concerns. It is easy for us to manage and parents have been very enthusiastic about the program!

Libby Moore, Principal
Marblehead Middle School, Marblehead, MA

“I looked for about five years before I found the perfect parent education book—YOURS!”

Susan Johnson, Ph.D.
Former President Ohio Middle School Assn.
Asst Principal, Springfield Middle School,
Holland, Ohio

“Rollercoaster! really gets it! I learned a lot from the book and believe parents everywhere could benefit from reading it. The book is easy to read, and the author has a sense of humor, which is so crucial! This is an excellent book written by a wise and witty woman.”

Edward Hallowell, M.D.
Instructor in Psychiatry,
Harvard Medical School;

“...*Please Stop the Rollercoaster!* is like a well-organized college-level class wrapped up in an easy-to-use workbook. Parents searching for a lifeline will feel that they’ve grabbed onto something substantial with this book.”

ForeWord Magazine

“This is an outstanding book on the subject of raising teenagers. Your book is an inspiration to other families, to build connections through all circumstances. This is a wonderful guide of hope through all times.”

Positive Parenting Magazine

“I was greatly impressed by *Please Stop the Rollercoaster!* I thought it a wonderfully helpful guide that goes right to the core of the real challenges that face the parents of teenagers. The book is amazingly clear, rich and comprehensive, and I found it a true pleasure to read.”

Anthony E. Wolf, Ph.D.
*Get Out of My life, but First Could You Drive Me
and Cheryl to the Mall?*

“*Rollercoaster* is just what our community was looking for. It provides the avenue for parents to create a community that will support them throughout the teen years.”

Paula Nelson, Co-Chair
Parent Engagement Network, Boulder, CO

“This is a wonderful resource! All parents who want to understand their teenager more and establish effective communication, will find this book to be a helpful and useful guide.”

David Gleason, Psy.D.,
Psychologist in private practice

FROM PARENTS ABOUT THE GROUP EXPERIENCE:

“The scientific/expert data in the book really helped our group have ‘ah-ha’ moments.”
Newton, MA parent

“I am constantly amazed at the collective wisdom of my group members. I have taken specific concerns to the group and gotten reliable, sound advice on handling the issue. We are learning so much from your book and each other - it's fantastic!”

Colorado parent

“I walk away each time my group meets with ideas of how to do things differently. The book is a springboard for great ideas.”
Nancy Gardiner, Trumbull, CT

“Both the book and the program have provided my wife and me with invaluable guidance on how to knock down that persistent, teen-aged wall between our kids and us, and keep it down.”

Winslow Pettingell, Concord, MA

FROM ORGANIZERS ABOUT THE PROGRAM:

Please Stop the Rollercoaster... was invaluable in providing content and structure to our parenting discussion groups. Each meeting had preparation and discussion guidelines from the book's chapters. We didn't have to worry about how to start or organize ourselves. We could move right into discussing our concerns, sharing our stories and helping each other as parents of teens. We learned so much from each other and came away from each meeting with different ways to think about situations and how to manage them.”

Sally Lewis, Director
Community Action for Youth, Acton, MA

“Sue Blaney empowers parents with a proactive process for managing the many challenging issues of teen development. All community and parent organizations will benefit from Sue's highly effective parenting presentations as well as her follow-up parent discussion group model which enables parents to learn long after the presentation is over.”

Susan Hauck, President
TEAMup Inc. of Marblehead

FROM PARENTS ABOUT THE BOOK:

“If you are going to read just one parenting book, read this one!”
Amy Drinker, Marblehead, MA

“...sensible, straight forward and fastidiously researched--Everything one needs to know to parent teens more effectively. Committed parents will be comforted to know that they are not alone in their struggles and concerns.”
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