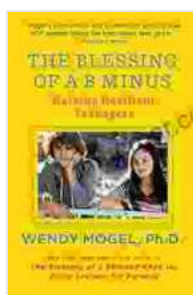


Using Jewish Teachings To Raise Resilient Teenagers

Adolescence is a time of great change and growth, but it can also be a time of stress and challenge. As a parent, you want to do everything you can to help your teenager navigate these challenges and develop the resilience they need to thrive.



The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers by Wendy Mogel

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3122 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 212 pages



In this book, you will find a comprehensive guide to raising resilient teenagers using Jewish teachings. Drawing on the wisdom of the Torah, Talmud, and other Jewish texts, this book offers practical advice and evidence-based strategies to help you:

- Understand the challenges that teenagers face today
- Build a strong and supportive relationship with your teenager

- Teach your teenager the skills they need to cope with stress and adversity
- Help your teenager develop a strong sense of self-worth
- Foster a sense of community and belonging in your family

This book is a valuable resource for any parent who wants to raise a happy, healthy, and resilient teenager. If you are looking for a way to help your teenager thrive, this book is for you.

What's inside the book?

This book is divided into four parts:

1. **Part One: Understanding the Challenges That Teenagers Face Today**
2. **Part Two: Building a Strong and Supportive Relationship with Your Teenager**
3. **Part Three: Teaching Your Teenager the Skills They Need to Cope with Stress and Adversity**
4. **Part Four: Helping Your Teenager Develop a Strong Sense of Self-Worth**

Each part contains several chapters that explore different aspects of the topic. The chapters are full of practical advice and evidence-based strategies that you can use to help your teenager. The book also includes personal stories from parents who have used Jewish teachings to raise resilient teenagers.

Who is this book for?

This book is for any parent who wants to raise a happy, healthy, and resilient teenager. If you are looking for a way to help your teenager thrive, this book is for you.

This book is especially helpful for parents of teenagers who are struggling with:

- Stress and anxiety
- Depression
- Social isolation
- Bullying
- Addiction

If you are concerned about your teenager's mental health, please seek professional help. This book can be a helpful complement to therapy, but it is not a substitute for professional care.

What are people saying about this book?

“This book is a lifesaver! I was at my wit's end with my teenage daughter. She was constantly stressed out and anxious. I didn't know how to help her. This book gave me the tools I needed to build a stronger relationship with my daughter and help her cope with her challenges. I highly recommend this book to any parent of a teenager.”

– Sarah J., parent

“This book is full of wisdom and practical advice. I have learned so much about how to help my teenager navigate the challenges of adolescence. I am grateful for the insights and guidance that this book has provided.”

– David M., parent

“I am a therapist who specializes in working with teenagers. I often recommend this book to my clients. It is a valuable resource for parents who want to help their teenagers develop resilience and thrive.

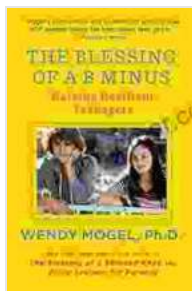
– Rachel S., therapist

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This book is available in paperback and ebook format. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookstore.

Don't wait, Free Download your copy today and start helping your teenager develop the resilience they need to thrive!

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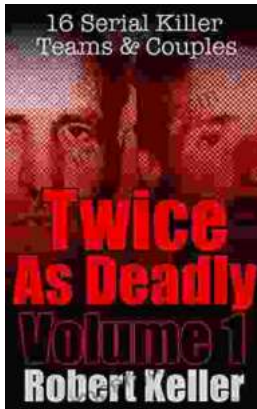
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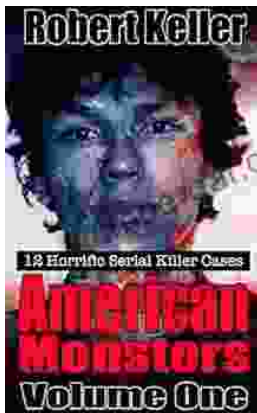
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