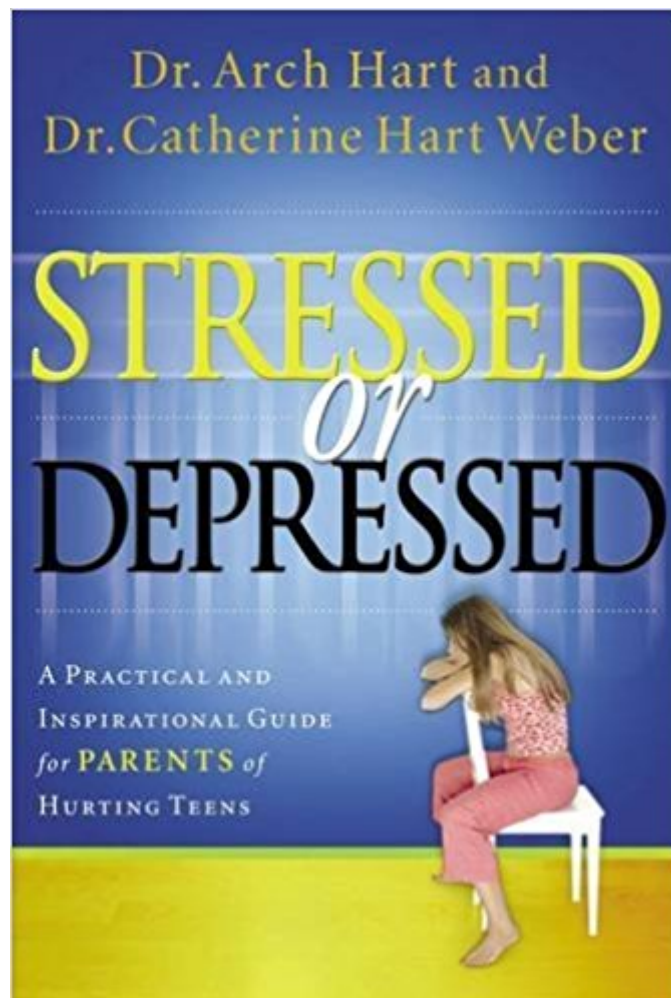




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Stressed Or Depressed: A Practical And Inspirational Guide For Parents Of Hurting Teens



Synopsis

Practical help & inspiration for parents of hurting teens.

Book Information

Hardcover: 254 pages

Publisher: Integrity Publishers; annotated edition edition (September 1, 2005)

Language: English

ISBN-10: 1591453313

ISBN-13: 978-1591453314

Product Dimensions: 6.4 x 1 x 9.1 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,193,653 in Books (See Top 100 in Books) #91 in [Books > Teens > Personal Health > Depression & Mental Health](#) #536 in [Books > Christian Books & Bibles > Christian Denominations & Sects > Amish](#) #1545 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

Customer Reviews

Dr. Hart is a professional psychologist, a prolific writer and well-known speaker. He covers different topics including the treatment of panic attacks and depression as well as stress. Dr. Catherine Hart Weber is a teacher, lecturer, counselor, and author emphasizing a whole-person integrative approach. Hart Weber earned her Ph.D. in Marriage and Family Therapy from Fuller Graduate School of Psychology and is a licensed marriage and family counselor.

I received a copy of this book when I needed it most. It not only helped me understand the turbulence in my teenagers' lives, it acknowledged the heartache and stress of parents like me during these years. A practical book that educated me, opened my eyes and encouraged my heart. It should be required reading for all parents. I highly recommend this book.

This book was so helpful to me. Biblically based and just made sense. I have found raising teenagers to be one of the most challenging things and this book is an excellent resource.

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