



Limites Con Los Adolescentes Cuando Decir Si, Como Decir No (Boundaries with Teens: How To Say Yes, How To Say No) (Spanish Edition)

John Townsend

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Adopte una posición activa de una vez por todas en el mundo de su adolescente. ¡Relájese! Su cordura sobrevivirá a estos complicados años de la adolescencia, y de la misma forma sus hijos, siempre y cuando usted determine límites saludables que trabajen en beneficio de ellos y de usted mismo. Límites con los adolescentes le enseña cómo hacerlo. El Dr. John Townsend, autor de libros de éxitos en ventas y consejero, comparte su experimentada perspicacia y le brinda la guía que usted necesita a fin de ayudar a sus adolescentes a ser responsables con sus acciones, actitudes y emociones, así como también a adquirir una apreciación y un respeto más profundos, tanto por usted como por ellos mismos. Con sabiduría, el Dr. Townsend aplica principios de base espiritual para la tarea y el desafío de guiar a los hijos a través de su adolescencia. Nos muestra cómo: ? Enfrentar las actitudes irrespetuosas y la conducta imposible de su adolescente. ? Establecer límites saludables y consecuencias realistas. ? Ser amorosos y afectuosos mientras se establecen reglas. ? Determinar estrategias específicas para manejar problemas grandes y pequeños. En este libro, usted aprenderá las técnicas y habilidades sencillas que todo padre de adolescentes necesita conocer: saber cuándo decir que sí, cómo decir que no. O sea, cómo implementar y hacer cumplir límites saludables y amorosos para sus hijos adolescentes.

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