



Over 60 Techniques, Activities & Worksheets for Challenging Children & Adolescents

By Susan Epstein LCSW

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Over the past 30 years we have seen a rise in explosive, challenging and resistant behaviors in children and adolescents. What use to work with difficult kids may not be working for professionals and parents alike. A new approach is needed that is tailored to the individual need and is directive, creative—and FUN.

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Editorial Review

Review

This book is a helpful and practical resource for therapists and parents. It is filled with valuable information and useable formats to facilitate learning and positive change. --Terry M. Levy, Ph.D., Co-Director of Evergreen Psychotherapy Center Attachment Treatment & Training Institute

Epstein is a master at providing common-sense yet inspired advice for parents of children of all ages. Her book is a great tool for moms and dads who want to think "out-of-the-box" to help their kids. --Sarah Cody, *Mommy Minute* Columnist and Blogger, Fox CT & The Hartford Courant

About the Author

Susan Epstein, LCSW, brings passion and more than 30 years of practiced psychotherapy together in her fifth book, full of new materials and easy interventions to engage even the most resistant behavior. In addition to her clinical work, Susan is a national child behavior expert, and has been quoted in *Family Circle*, *Parents Magazine*, *American Baby Magazine* and *New York Magazine*. She founded *Parenting Powers* (www.parentingpowers.com), providing parent coaching services worldwide. Susan also maintains an active family therapy practice in Connecticut.

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Christopher Mills:

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