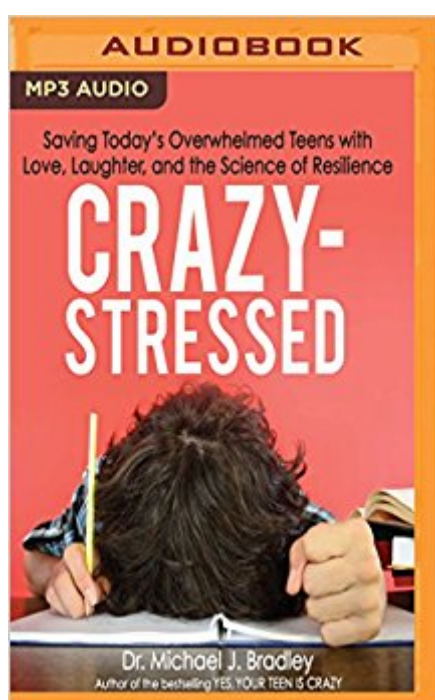


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# Crazy-Stressed: Saving Today's Overwhelmed Teens With Love, Laughter, And The Science Of Resilience



## Synopsis

Peel back the cheerful facade that parents present, and you'll find that many are worried about their teens. Mood swings, impulsiveness, poor judgment, and other problems peak in these years. Add stressors such as screen addiction, cyberbullying, increasing academic demands, and time-consuming athletic commitments...and it's no surprise that today's teenagers rank as the most anxious in 50 years. Parents long to help, but how? Based on a career counseling kids and their parents, psychologist Michael Bradley locates the most powerful protective trait: resilience. Teens with this crucial quality know how to handle difficulty, overcome obstacles, and bounce back from setbacks. Packed with insights from neuroscience and psychology, real-life case studies, and a dose of humor, *Crazy-Stressed* sheds light on the teen brain and offers a wealth of resiliency-boosting strategies. In it, Dr. Bradley reveals: What kids these days are really going through Ways to strengthen the seven skills every teen needs to survive and thrive What-to-do-when suggestions for common behavior, school, and social issues Tactics for coping with conflict, teaching consequences, improving communication, staying connected, and more It's not easy being a teen - and it's certainly not easy parenting one. Always frank and often funny, *Crazy-Stressed* will become your go-to guide...and your kids may even thank you for it.

## Book Information

Audio CD

Publisher: Audible Studios on Brilliance Audio; MP3 Una edition (July 25, 2017)

Language: English

ISBN-10: 1543628850

ISBN-13: 978-1543628852

Product Dimensions: 5.2 x 0.5 x 6.8 inches

Shipping Weight: 2.7 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 11 customer reviews

Best Sellers Rank: #2,071,526 in Books (See Top 100 in Books) #89 in [Books > Books on CD > Parenting & Families > Parenting](#) #827 in [Books > Medical Books > Psychology > Adolescent Psychology](#) #964 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology](#)

## Customer Reviews

"The world has become increasingly more complex and so has parenting. And that's what compelled Bradley to write *Crazy-Stressed*. It also helps to rescue crazed

parents. *Crazy-Stressed* is simple excellent. Those lucky enough to read it will likely find that they are able to use the information it contains to make the teen years less stressful for both teens and parents. *Crazy-Stressed* is a veritable toolbox of approaches and contains phrases for parents to use that not only enable empowerment in youth but also help to pave the way for stronger communication. --This text refers to the Paperback edition.

A little resilience goes a long way.... Peel back the cheerful facade that parents present, and you will find that many are worried about their teens. Mood swings, impulsiveness, poor judgment, and other problems peak in these years. Add stressors such as screen addiction, cyberbullying, increasing academic demands, and time-consuming athletic commitments . . . and it's no surprise that today's teenagers rank as the most anxious in 50 years. Parents long to help, but how? Based on a career counseling kids and their parents, psychologist Michael Bradley locates the most powerful protective trait: resilience. Teens with this crucial quality know how to handle difficulty, overcome obstacles, and bounce back from setbacks. Packed with insights from neuroscience and psychology, real-life case studies, and a dose of humor, *Crazy-Stressed* sheds light on the teen brain and offers a wealth of resiliency-boosting strategies. In it, Dr. Bradley reveals: What kids these days are really going through Ways to strengthen the seven skills every teen needs to survive and thrive What-to-do-when suggestions for common behavior, school, and social issues Tactics for coping with conflict, teaching consequences, improving communication, staying connected, and more It's not easy being a teen and it's certainly not easy parenting one. Always frank and often funny, *Crazy-Stressed* will become your go-to guide . . . and your kids may even thank you for it. --This text refers to the Paperback edition.

*Crazy-Stressed* is not just a book to save teachers. It's for everybody! In our pursuit of safety, happiness, and resilience, Dr. Bradley's focus on challenging teen development actually holds resonance for all ages. It's tough navigating our crazily stressed world as we fluctuate between our creating child our wanting-to-be-right parents and our trying-to-stay-calm adult. As educator and theater professional (for over 50 years) as well as parent and grandparent, I have served generations, witness start changing society and seeing the power of Theater as an amazing laboratory for personal development growth in team. Upon reading Dr. Bradley scientifically

supported block are used the inspired solutions while working with nearly 50 youth from 6 to 19 as well as their adult leaders and parents on a production of lion king from Dr. Bradley's must-read Boot Camp of strategies and tactics communication baseline to the incredibly useful Do's and Don'ts, I found myself able to help teens, their parents, our staff and younger children on their way to greater resilience. This is a hands-on practical guide to growing resilience and transforming lives. Bravo! Penelope Reed, actor, administrator, teacher, and coach Speak up with Penelope Reed Director Emeritus, Hedgerow Theater 2017 Philadelphia Theaer Barrymore Lifetime Achievement Award Winner

This book hit home and hit hard which could have made me depressed but with Dr. Mike's unique sense of humor, I was able to lighten up a little and laugh at myself. The title should have a subtitle about saving parents, too, because that's how I felt as I read it. My son's early years were equally stressed (for both of us) and even though Dr. Bradley's book speaks to our family's issues still, I wish I had this book 10 years ago. This book is not only ABOUT understanding and managing teens' thinking/behavior (and our own), but, is also FOR young adults who are overwhelmed with the forces of our society and our expectations of them as mature adults, which is why I bought it. I have it on Kindle and carry it with me everyday. So far, I've gotten my son to read the forward. We're headed toward the intro...so wish me luck!

Couldn't wait to get the book and start reading it! It's great!

As a parenting educator, it gets more and more difficult helping families survive the teen years. Too often the old rules don't work because of the overwhelming and sometimes destructive impact of social media and digital devices. For ten years I've been telling parents to get Dr. Bradley's, "Yes Your Teen Is Crazy." You can bet I'll be doing the same with "Crazy Stressed." Mixing science, case studies, personal insights, and humor, Dr. Bradley provides parents with an invaluable education in surviving and even enjoying the journey.

If parents believe their teens face more stressors than the previous generation, Dr. Michael J. Bradley wants to let them know they are right. With the proliferation of social media, increased screen time, pressure to perform in school and more, kids are challenged by a growing list of outside forces that can trip them up and make them difficult to parent. A psychologist who counsels kids and their parents, Bradley has written a guide called Crazy-Stressed: Saving

Today's Overwhelmed Teens With Love, Laughter, and the Science of Resilience. Bradley starts off by defining the kinds of things kids are facing these days as a way to inform parents that they can't make assumptions about teen lives based on their own experience of growing up. Through stories gleaned from his professional experience as well as personal stories from raising his own children, Bradley presents the case for teaching teens how to be resilient so they can learn how to get through the issues they face as they mature into adulthood. Parents can provide love and guidance, but Bradley says they must realize they can't protect their kids from every stressful or dangerous situation they will encounter. Kids are more likely to make it through the teen years to become successful adults if they learn skills to communicate, take ownership of their decisions, and bounce back from mistakes they will inevitably make. Throughout *Crazy-Stressed* Bradley's tone is light and humorous, which makes it easier for parents to absorb the points he makes. His personal stories from his own parenting make him relatable, so parents shouldn't feel he's imparting unrealistic advice. Rather, his own stories show that parents can make mistakes as they act in ways they think is right for their children and still learn how to do a better job in the future. Different sections outline the issues facing teens, show parents how to react in stressful situations, and provide guidelines for staying connected with teens as they mature. It's a guide that parents will want to consult again and again for a refresher on ideas to handle new issues throughout their children's teen years. The publisher provided me with a copy of this book in exchange for my honest review.

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