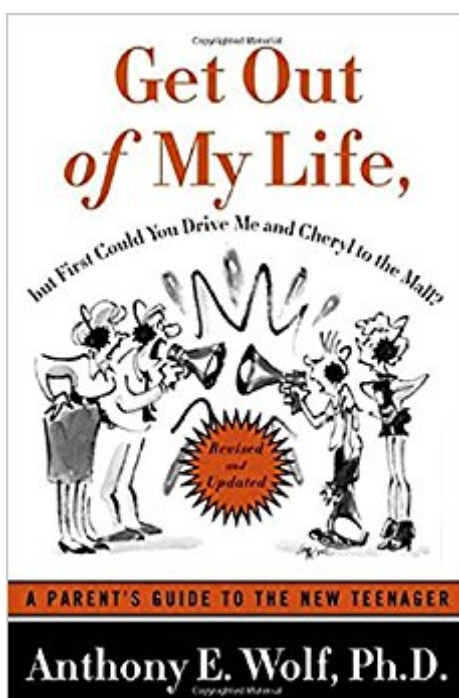


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# Get Out Of My Life, But First Could You Drive Me & Cheryl To The Mall: A Parent's Guide To The New Teenager, Revised And Updated



## Synopsis

Beleaguered parents will breathe sighs of relief and gratitude over this bestselling guide to raising teenagers. In this revised edition, Dr. Anthony E. Wolf tackles the changes in recent years with the same wit and compassion as the original edition. Dr. Wolf points out that while the basic issues of adolescence and the relationships between parents and their children remain much the same, today's teenagers navigate a faster, less clearly anchored world. Wolf's revisions include a new chapter on the Internet, a significantly modified section on drugs and drinking, and an added piece on gay teenagers. Although the rocky and ever-changing terrain of contemporary adolescence may bewilder parents, *Get Out of My Life* gives them a great road map.

## Book Information

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## Customer Reviews

This is a survival guide for parents who find themselves marooned among volatile and incomprehensible aliens on Planet Teen. Area maps cover the obvious ground--there are chapters on school, sex, suicide, and so on--but it's the title of Chapter 2, "What They Do and Why," that best captures the book's spirit and technique. Anthony Wolf's modus operandi is not so much to make pronouncements about what parents should do, as to explain adolescent behavior in a way that's bound to leave parents with a changed view of the plausible options. Wolf is a clinical psychologist, and his writing is clear--even witty--and he doesn't resort to jargon. The expository text is punctuated with snatches of illustrative dialogue, which serve as concrete examples and help parents learn how to see, anticipate, and avoid "bad strategies." (One key mistake is getting dragged into no-win conflicts instead of having the wisdom to shut up at the moment when shutting up would be most effective--albeit the least satisfying--thing to do.) There are also some nicely

tongue-in-cheek samples of "ideal" communication--the stuff we imagine might get said if only we were better parents. After one such rosily cooperative and considerate interchange between a father and his adolescent son, Wolf offers the following two-edged comfort: "The above conversation has never happened. Never. Not in the whole history of the world." Message: Parenting adolescents is inherently difficult. Don't judge your efforts by otherworldly standards. --Richard Farr --This text refers to an out of print or unavailable edition of this title.

This updated edition (a chapter on gay and lesbian teenagers and the ramifications of the electronic world have been added) will be as useful to parents as the 1992 version. Wolf, a clinical psychologist who works with adolescents (Why Did You Have to Get a Divorce? And When Can I Get a Hamster?), clearly has a feel for both the angst of young people who must deal with an evermore complex world and the difficulties parents face when a cooperative loving child morphs into a teenager who lies, talks back and avoids parental company. Humorous and insightful, Wolf describes what is, rather than what mothers and fathers of rebellious and thoughtless adolescents wish would be. He is forthright in stating that "you do not win the battle for control with teenagers... usually the best you get is imperfect control." Despite the best efforts of parents, today's adolescents frequently drink, experiment with drugs and are sexually active. According to the author, however, it is still important to have rules even though a teenager may break them. If parents clearly state their expectations of behavior and restate them when a teen disobeys, their son or daughter will, to some extent, internalize the rules and abide by them sometimes. In addition to providing excellent advice on particular situations, including divorce, school problems and stepparenting, he makes the often obnoxious manner in which teens communicate with their parents understandable as a rite of passage that they will eventually outgrow. Copyright 2002 Cahners Business Information, Inc.

I chose this rating because this book clearly and concisely explained the dilemma faced by today's parents in raising teenagers in the electronic age. Many problems that I faced rearing my children remain, but many more challenges await today's parents trying to get through the adolescence of their children. This book gives one encouragement, that ,yes, you WILL get through this stage of your child's development. With clear language and humor, the author let's the reader know that he has walked a mile in your shoes. So glad I stumbled across this book. My 16 year old grandson will definitely benefit from my new enlightenment. Thank you!

I first read this when my oldest daughter was a teen; we even called her alter ego Cheryl. It has since been updated. I now have another teen daughter and needed a refresher. Dr. Wolf does an excellent job of describing what she is going through. The update was helpful. While I agree with his assessment of the situation I am not sure I agree with some of his solutions. I prefer Dr. Kevin Lehman's solutions to teen behavior. I recommend this book to parents so they realize that they are not insane nor are they alone. Also there is hope. "Cheryl" is now happily married with a family.

I was having a hard time with my teenage daughter and began to take it personally. After reading this book I realized we were no different than anyone else raising a teen. It teaches you how to pick your battles, when to focus on something or let it go. Raising teens is tough, but this book makes it a little less daunting.

I enjoyed reading this book to try to understand today's teenagers (I am a grandmother). However, I totally disagree with the idea that being rude to your parents is acceptable. It is not acceptable under ANY circumstances. Good read otherwise.

This is the best book on the market and I read quite a few of them. You will understand what is going on in your teenagers mind. But that is not what makes this book special. What does is that it is written in a way that you can logically and empathetically make the connection to your own child. All of a sudden their miserable and odd behavior makes sense. Without that book I would have consumed twice as much wine, pulled more hair out, and yelled much, much more. A must have. Don't think - order and read. Seriously.

Every parent of about to be teen-age daughters should read this. So helpful in understanding that most difficult time of life for pre-teen and teenage girls. Not only does it help both men and women to understand, it gives real life suggestions about how to deal and cope with the typical situations and challenges girls face. If you are considering buying this I implore you to. **YOU MUST READ THIS!!** Just for any conspiracy types, I have no relationship with the author, printer, typesetter, seller or anyone else who might have a financial interest in boosting sales. What I wrote above is from the heart!! Really!!

Everything in this book resonated with my every day challenging of dealing with my 13-year-old daughter. I have bookmarked many pages in the book to refer back in various situations described in

the book. There were days when the dialogues and interactions I had with my daughter were almost verbatim lifted from the pages of the chapter I was reading at the time, to the point where I even asked her if she somehow got a hold of my book and read it the night before. Her bewilderment and the typical teenage response "why would I want to read your stupid parenting book" only validated the helpfulness, practicality and timeliness of this book. Highly recommend to people looking for a hands-on manual on living through your kid's teenage years.

I see many exasperated parents in my psychotherapy practice; many of them think their kids are beyond help. I have them read this book to help them to understand that it is not just their kids...it is EVERYBODY'S kids! No, I don't mean all kids need psychiatric help; far from it. We parents sometimes need to be reminded why kids do what they do, and why we, as parents, respond the way we do. This book lays all of that out using great stories that are compelling and humorous. And it reminds us that sometimes we just need to sit back, take a deep breath, and understand that "this, too shall pass." If you are looking to figure out why your teenager does what he/she does, read this.

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