

# Download To Change A Mind Parenting To Promote Maturity In Teenagers

Help for Parents of Troubled Teens Dealing with Anger, Violence, Delinquency, and Other Teen Behavior Problems  
Adolescence (from Latin *adolescere*, meaning 'to grow up') is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood (age of majority). Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later.  
PARENTING RESOURCES. PARENTING FAVORITES. The No-Cry Discipline Solution – by Elizabeth Pantley (McGraw Hill, 2007) After I got past the title of this book (which seemed overly idealistic to me) I found this to be one of the best comprehensive and practical parenting books. Your moods affect your behavior, but your behavior can change your moods. It may be helpful to make a list of the warning signs that let you know when you are beginning to feel unwell.