

Getting to Calm



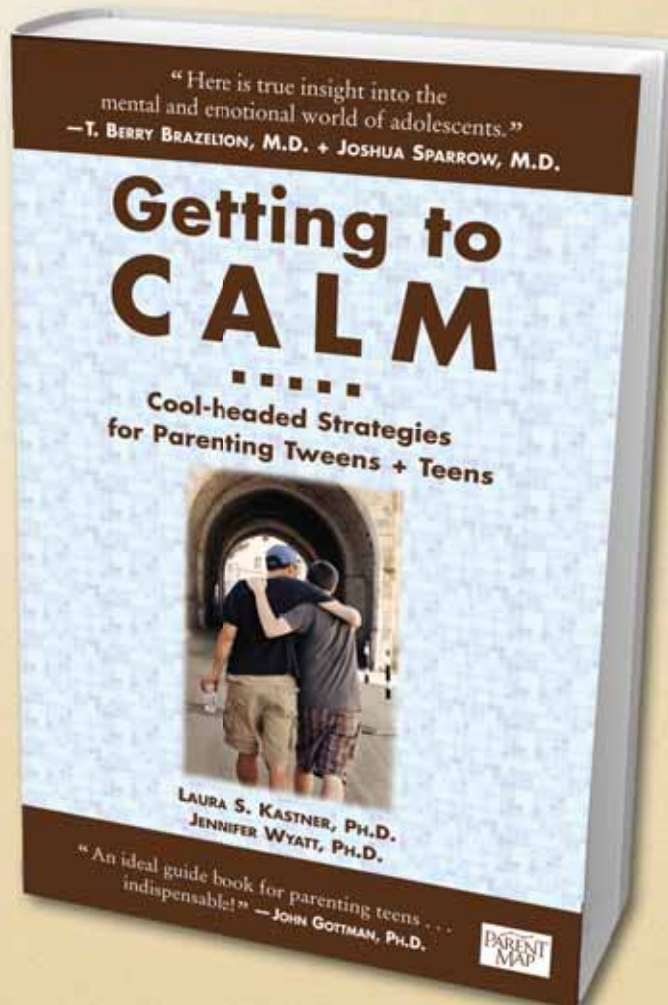
Cool-headed Strategies for Parenting Tweens + Teens

“Here is true insight into the mental and emotional world of adolescents.”

—T. BERRY BRAZELTON, M.D. + JOSHUA SPARROW, M.D.

“This is a smart book ... A wonderful contribution to every parent’s library of support. Bravo!”

—**DANIEL J. SIEGEL, M.D.**
author of *The Mindful Brain* and
Parenting From the Inside Out



“An ideal guide book for parenting teens ...Indispensable!”

—**JOHN GOTTMAN, Ph.D.**
author of *Raising an Emotionally Intelligent Child*

This groundbreaking book that gives you the skills to stay calm in hot-button moments.

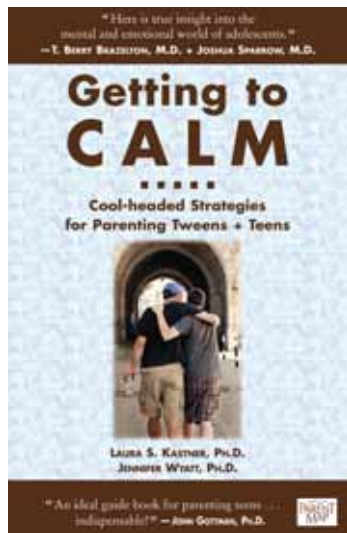


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FOR IMMEDIATE RELEASE:

GROUNDBREAKING BOOK SUGGESTS NEW WAY TO PARENT TEENS

First book ever to teach parents the skill of “emotional regulation”

SEATTLE, WA. – Parents who struggle with typical and troubling adolescent behavior have a powerful new tool: the first-ever in-depth guide to managing their own emotions. Based on new breakthroughs in teen brain science and decades of clinical practice in family therapy, *Getting to Calm: Cool-headed Strategies for Parenting Tweens and Teens* offers parents a deep understanding of the reasons behind their child’s behavior – and the skills to stay calm while coping with it.

“Here is true insight into the mental and emotional world of adolescents,” says renowned pediatrician Dr. T. Berry Brazelton of Harvard Medical School. “Kastner and Wyatt offer parents useful, step-by-step tools for managing their own emotions in the face of teenaged chaos. [*Getting to Calm* is] required reading for any parent who struggles with their teen.”

Drs. Kastner and Wyatt provide a realistic and ultimately useful guide, laying out the 14 most common sources of family strife during the teen years, and then giving parents clear and approachable strategies for tackling them.

Among the tough times addressed:

- When a teen is rude and sarcastic
- When a smart teen does something really dumb
- When teen problems drive a wedge between parents
- When a teen is acting like a spoiled brat
- When a teen experiments with sex or drugs

Laura S. Kastner, Ph.D., is a clinical associate professor of psychiatry and behavioral sciences at the University of Washington. She and writer Jennifer Wyatt, Ph.D. are the authors of *The Launching Years: Strategies for Parenting from Senior Year to College Life* and *The Seven Year Stretch: How Families Work Together to Grow Through Adolescence*.

“An ideal guide book for parenting teens, *Getting to Calm* shows how emotional intelligence starts in the home. Parents are given valuable strategies for managing their own emotions and tackling challenging situations, all with a keen focus on the critical importance of maintaining a strong parent-teen relationship. Indispensable!” — John Gottman, Ph.D., author of *Raising an Emotionally Intelligent Child*.

For a review copy, high-res photos,
or to schedule an author interview

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books/gettingtocalm](http://www.parentmap.com/books/gettingtocalm)



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Getting to CALM

Cool-headed Strategies for Parenting Tweens + Teens

LAURA S. KASTNER, PH.D. AND JENNIFER WYATT, PH.D

SALES HOOK

Getting to Calm is the first book ever to address the crucial issue of emotional regulation for parents dealing with difficult tween and teen issues – and it does so with wit, wisdom and a deep understanding of breakthroughs in brain science.

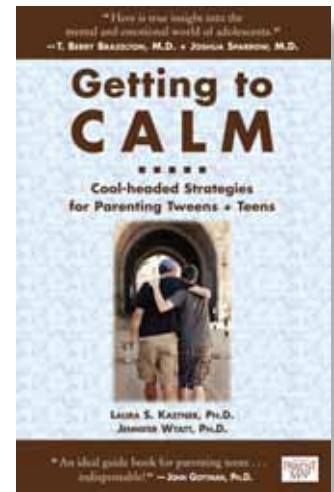
DESCRIPTION

Drs. Kastner and Wyatt provide clear and useful tools for parents, giving them effective new ways to manage their own emotions in the heat of the moment with their teen while maintaining—and even gaining—closeness. Chapter by chapter, *Getting to Calm* takes up the most common setbacks of the teen years, tying together information about adolescent development and family dynamics to explain why teens do what they do, why parents trip up in their responses, and how to effectively bring out the best both in teens and their parents. Research documents that 80 to 90% of families will face problems of increased moodiness, parent-child conflict and/or risk taking with their adolescents. During tough times, which will happen even in the best of families, parents can feel ashamed, scared and filled with self doubts. Instead, *Getting to Calm* shows parents how to expand their skills to meet their new personal and societal demands and provide a secure home environment for their teen. Parents who know more about the science of teens and human emotions can use their own heads to “get to calm” and figure out the best ways to address difficulties and sustain a thriving relationship.

KEY SELLING POINTS

- There are 80 million moms* and 64 million dads* of tweens and teens who may seek a problem-solving book, emphasizing normal adolescence and essential relationship skills for parents and teens. *U.S. Census Bureau
- The voice of *Getting to Calm* is reassuring, engaging, filled with gentle humor and respectful in tone to teens and parents alike.
- Many books on the bookshelves lack references, failing to substantiate their advice. Citing trustworthy sources without being heavy handed, *Getting to Calm* appeals to the average good parent struggling with teen issues.
- *Getting to Calm* scripts, including parent-teen interactions, teens’ self-reports, and scripts from counseling sessions offer an over-the-shoulder view of families in the process of tackling teen problems, pulling the reader into the drama of parenting in emotionally arousing situations.
- *Getting to Calm* is more accessible than most parenting handbooks for two reasons: its transparent structure, made crystal clear through the table of contents, and its reframing of issues into parenting terms.
- Based on 14 “when’s,” chapters are organized so that busy parents with little time to read can quickly see where the book is going and jump in where it’s salient to them.
- The number of books on adolescence testifies to the monumental havoc of this stage, but the market lacks one with direct, comprehensive, trustworthy advice for responding to the dire need of the moment

continued



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AUTHOR BIO

Laura S. Kastner, Ph.D., is a clinical associate professor of psychiatry and behavioral sciences at the University of Washington. Dr. Kastner's speeches and lectures have included over 100 presentations on topics relating to parenting and family issues. She has frequently been the keynote speaker at Pediatric, Adolescent Medicine, and Nursing conferences. Kastner and Wyatt are the authors of *The Launching Years: Strategies for Parenting from Senior Year to College Life* and *The Seven Year Stretch: How Families Work Together to Grow Through Adolescence*.

AUTHOR RESIDENCE

Seattle, WA

COMPARATIVE TITLES

Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship

By Russell A. Barkley, Arthur L. Robin (9781593855833) 2008

Parenting Teenagers: Systematic Training for Effective Parenting

By Don Dinkmeyer, Gary D. McKay and Joyce L. McKay 2007 (9780979554216)

Parenteen: Parenting Defiant and Crazy Teens with Love and Logic

Dr. Christine Evans and Dr. David Usher (9780399526619) 2009

MARKETING AND PUBLICITY HIGHLIGHTS

- Parenting Publications of America (PPA) grass roots campaign with 30 cities targeting female parents who comprise the largest interest group in parenting books. (review, feature excerpt article, ad- approx 1.5 million circ.)
- NAIS/ PPA/ Bookstore events – match participating PPA cities with their NAIS schools and bookstore for signing/school fundraiser. Nat'l Assoc. of Independent Schools represents more than 1,300 independent schools and associations in the United States.
- Testimonials solicited and secured from leading parenting experts nationally including endorsement by Dr. T. Berry Brazelton, author of two hundred scholarly papers and twenty four books. His Columbia Alumni Profile describes him as "America's most celebrated and influential baby doctor since Benjamin Spock"
- Professional national association marketing campaign with author's contact leads (Pediatricians, psychologists, & school counselors)

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Chapter 6: When You're Worried You're Losing Your Teen

Chapter 7: When They're Screaming at You – or Not Talking at All

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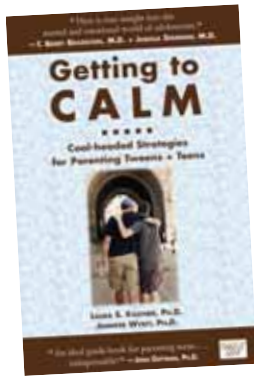
Chapter 10: When Your Teen Is "Going Out"

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Praise for **Getting to CALM** **Cool-headed Strategies** **for Parenting Tweens + Teens**

“An ideal guide book for parenting teens, *Getting to Calm* shows how emotional intelligence starts in the home. Parents are given valuable strategies for managing their own emotions and tackling challenging situations, all with a keen focus on the critical importance of maintaining a strong parent-teen relationship. Indispensable!”

—JOHN GOTTMAN, PH.D.

author of *Raising an Emotionally Intelligent Child*

“This is a smart book. Filled with accessible science and illuminating stories, *Getting to Calm* offers sound advice for not only staying sane as a parent, but navigating the waters of your teen’s life with clarity and skill so that both you and your adolescent will benefit. A wonderful contribution to every parent’s library of support. Bravo!”

—DANIEL J. SIEGEL, M.D.

author of *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*, *Parenting From the Inside Out* and *Mindsight: The New Science of Personal Transformation*

“Required reading for parents who struggle with their teen. Here is true insight into the mental and emotional world of adolescents. Kastner and Wyatt offer parents useful, step-by-step tools for managing their own emotions in the face of teenaged chaos.”

—T. BERRY BRAZELTON, M.D. AND

JOSHUA SPARROW, M.D., HARVARD MEDICAL SCHOOL

More praise for Kastner + Wyatt books

The Launching Years

“With common sense and uncommon sensitivity, the authors address the double bind of parenting late adolescents—letting go and holding on, all at the same time. An invaluable guide!”

—JANE ADAMS

author of *I’m Still Your Mother: How to Get Along With Your Grown-up Children for the Rest of Your Life*

“... a brilliant and practical book about the long and winding road from senior year to college life . . . The authors’ humor and uncommon wisdom will allow parents to let go of their children—yet stay connected with them. The fresh ideas in this book can help parents declare a child’s independence and create a more loving and graceful transition to life after high school.”

—BARBARA MACKOFF

author of *Growing a Girl*

The Seven Year Stretch

“Required reading for parents, teachers, and therapists. Dr. Kastner’s vignettes of family life will be recognized by all parents and they will treasure her clear, forthright advice.”

—ANN F. CARON, ED.D.

author of *Don’t Stop Loving Me* and *Strong Mothers, Strong Sons*

“Has something to offer nearly all parents of teens.”

—PUBLISHERS WEEKLY

“A valuable resource for both parents and others, including educators, who work with adolescents.”

—LIBRARY JOURNAL



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