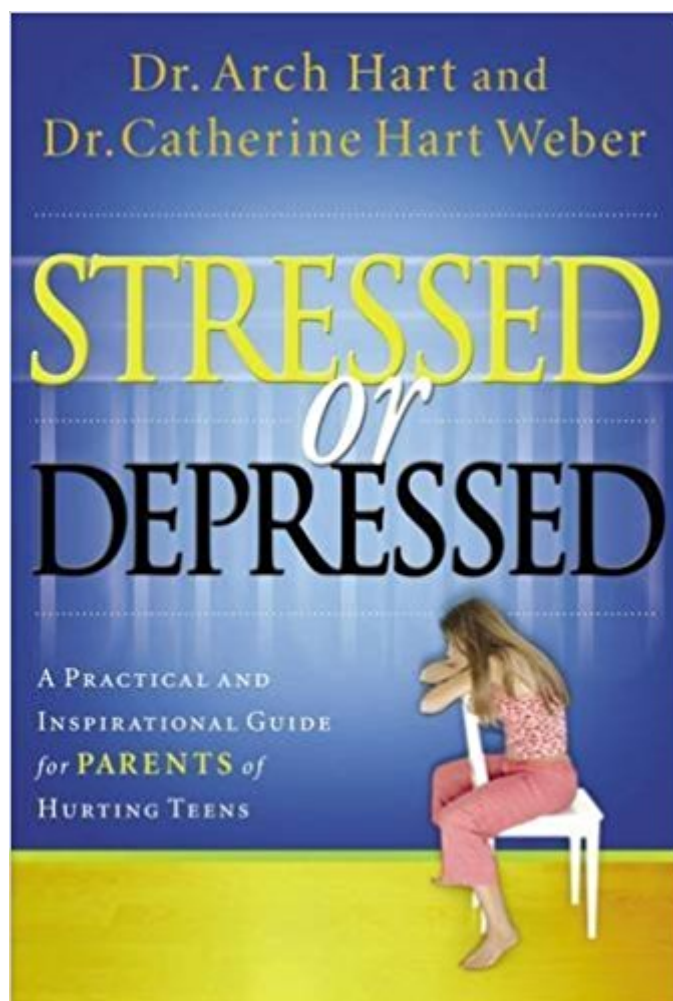


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# Stressed Or Depressed: A Practical And Inspirational Guide For Parents Of Hurting Teens



## Synopsis

Practical help & inspiration for parents of hurting teens.

## Book Information

Hardcover: 254 pages

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## Customer Reviews

Dr. Hart is a professional psychologist, a prolific writer and well-known speaker. He covers different topics including the treatment of panic attacks and depression as well as stress. Dr. Catherine Hart Weber is a teacher, lecturer, counselor, and author emphasizing a whole-person integrative approach. Hart Weber earned her Ph.D. in Marriage and Family Therapy from Fuller Graduate School of Psychology and is a licensed marriage and family counselor.

I received a copy of this book when I needed it most. It not only helped me understand the turbulence in my teenagers' lives, it acknowledged the heartache and stress of parents like me during these years. A practical book that educated me, opened my eyes and encouraged my heart. It should be required reading for all parents. I highly recommend this book.

This book was so helpful to me. Biblically based and just made sense. I have found raising teenagers to be one of the most challenging things and this book is an excellent resource.

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