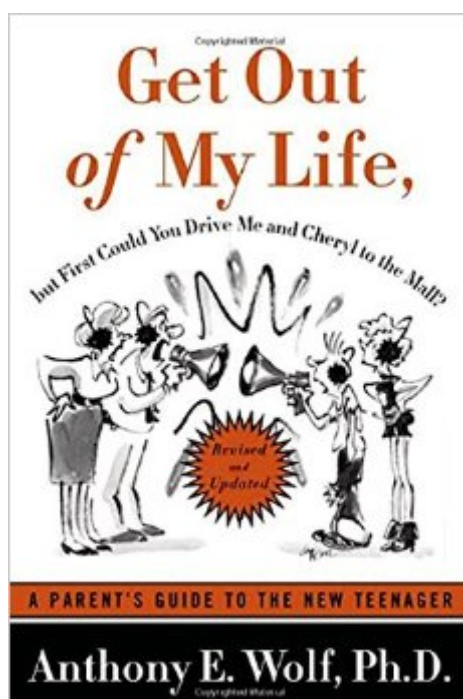


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# Get Out Of My Life, But First Could You Drive Me & Cheryl To The Mall: A Parent's Guide To The New Teenager, Revised And Updated



## 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

Paperback: 240 pages

Publisher: Farrar, Straus and Giroux; Revised edition (August 1, 2002)

Language: English

ISBN-10: 0374528535

ISBN-13: 978-0374528539

Product Dimensions: 5.5 x 0.6 x 8.3 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (346 customer reviews)

Best Sellers Rank: #8,970 in Books (See Top 100 in Books) #34 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

## Customer Reviews

Anthony E. Wolf has added another parenting guide to his list of help books. *Get Out Of My Life, But First Could You Drive Me and Cheryl To The Mall?* offers advice and much needed assistance to parents who are raising teenagers. Wolf describes today's adolescents as the "new teenager who are different than teenagers of previous generations and many parents are finding them almost impossible to deal with. They are bolder, less obedient, and their world is much more threatening and complicated. Therefore, the parents of today's "new teenagers" need to alter their parenting skills to be better equipped to handle such matters and Wolf's book can help. Most adults view teenagers as immature robots of disobedience who are merely trying to be difficult and miserable. But Wolf describes adolescents and their behavior in ways which make them seem much more needy of their parents love, guidance, and compassion. Wolf's book does not administer a list of rules of what to do and what not to do when raising a teenager. Instead he offers a variety of real life

situations and he suggests methods parents may use to deal with these issues. . And, if there is no solution, as is the case in some of the situations, Wolf is not afraid to say so. Also, Wolf goes beyond just describing these situations. He gets behind the problem and explains why teenagers act the way that they do. His words act as a translator for the very foreign language of teenage behavior and very often his descriptions make their behavior seem much less despicable and much more comprehensible. Wolf covers such areas as parental decision making, lying teenagers, confrontation and how parents should handle it, teenagers who continually break rules, and methods parents should use to make rules. Wolf also addresses more modern issues like divorce, parenting alone, sex, suicide, and alcohol and drug use. Wolf does a wonderful job of assuring the parent that it is o.k. if they make mistakes while raising their teenagers. He is sure to remind his readers that adolescence is a stage and that there is a light at the end of the tunnel. Most importantly, Wolf offers assurance to parents that their efforts during these teenage years, however fruitless they may seem at the time, are crucial. Through his writing Wolf speaks to the hearts of parents without using a preachy or condescending tone. His advice is genuine and his concern is real. 'Get Out Of My Life' is a loving and compassionate guide to understanding today's teenagers. This book helps not only parents, but anyone who is involved with teenagers, truly understand their lives and not feel so angry at them all the time. Wolf offers his advice in a funny, easy to understand, real life, sensitive way, which draws the reader in and makes these difficult years seem much more survivable. He expels the monster image of adolescence that many people carry and replaces it with a much more lovable image that is needy of their parents attention. I applaud Wolf's work and strongly suggest it to anyone dealing with today's youth.

I am an avid reader and get most of my information this way. So, I've read many books to help me get through these teenage years, which started half way through 6th grade (age 12) and continuing with frightening fury through age 14. Mostly, they have made me feel guilty for things I hadn't done. This book takes you where you're at as ugly as it may be. This is the first time I have been able to feel that my daughter is normal, that is an important first step in dealing with a teenager. Chapter 3 was most meaningful for me. It dealt with letting go and accepting the person you're child has become. We spend our child's lives raising them and protecting them and as if overnight, we are expected to stand back and live with our creation. I also appreciated how he recognizes some parents feelings that although we love them, we at times hate them and want to cause them physical harm. I too, feel like this was written about my child. I also feel that he must have heard some of the conversations we have had and repeated them verbatim. He wrote this book long

before I ever dreamed those words could come out of my darling daughters mouth. I feel not so alone.

Get Out Of My Life is a guidebook written to help parents understand and positively manage the difficult adolescent years. Suggestions on how parents can deal with adolescent turmoil, conflict, and real life issues are made. The physical and intellectual changes associated with adolescence are discussed. How teenagers respond to these uncontrolled changes is remarkably similar within the individual sexes. On the other hand, they can be quite different between the sexes. For example, for young female teens fitting in is paramount. A young female teen's self esteem can be directly tied to their level of popularity. Friends are also very important to young male teens, but the boys are more accepting and less cruel in the process. The interaction between parent and teenager is described and analyzed. Because the transition from childhood to adolescence is sporadic and out of character, parents are typically caught off guard and unprepared for hostile parent-adolescent interactions. This discussion is especially valuable in providing the bewildered parents examples of predictable teenage demands and how to handle them. For example, the parent of a new teen will immediately recognize the anecdotal descriptions the author provides like, "I don't care". Here the child threatens disobedience with the famous "I don't care what you say or do to me, I'll do what I want....." The author explains that it is the parent's job to discern actual disobedience from threatened disobedience and to avoid the ensuing fight at all costs. Finally, the book examines the real world external challenges teenagers face and gives the reader statistics, tips, and advice on: peer pressure, drugs, alcohol, divorce between parents, trouble in school, and sex. Again, the author does a good job of building his points using anecdotal parent/teen dialogue. This provides, on the one hand, a mirror for parent's own behavior; while reinforcing the commonality of the teen behavior they are seeing in their children. Anthony Wolf has 30 years of clinical experience in adolescent psychology as well as experience with two of his own teenagers. His purpose in writing the book is to provide characteristic teenage dialogue, with a quintessential situation, and translate it into the naivete of adolescence that it is. What I liked most about this book was the author's lighthearted approach to adolescence; as a parent of two adolescents myself, I could finally see the humor. It is much funnier when you come to realize that it is all normal and every family with an adolescent will experience it. Although I did not agree with all of his parenting advice, I agreed with the majority of his advice and found his book extremely insightful. I certainly would recommend this book to anyone who wants a better understanding of adolescence behavior.

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