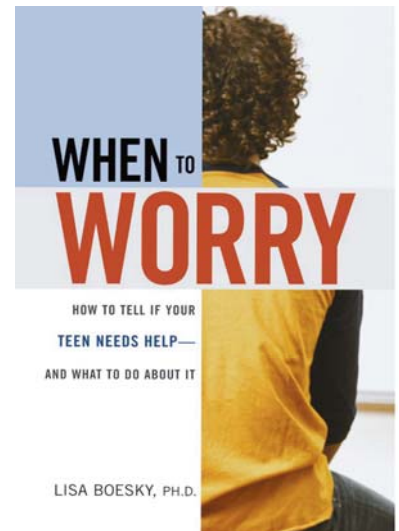


# When to Worry

How to Tell if Your Teen Needs Help—and What to Do About It      by Lisa Boesky, Ph.D.



In *When to Worry* Dr. Boesky has developed a masterpiece.....  
--David Satcher, MD, PhD, 16<sup>th</sup> U.S. Surgeon General

Parents can easily feel overwhelmed when suddenly faced with a moody, defiant, unfocused, unpredictable, angry, or overly-sensitive teenager. They wonder if these changes are a normal part of adolescence or if their teen is in need of help.

*When to Worry* helps parents distinguish typical teenage behaviors from those that merit concern. It then walks parents through steps they can take to help troubled teens before it's too late.

Parents will learn:

- ❑ warning signs of potential problems
- ❑ which strategy works best for each issue
- ❑ how and where to get professional help
- ❑ the pros and cons of medication

*When to Worry* provides essential information on the full spectrum of problematic teenage issues, including mood swings, depression, rebellion, low self-esteem, delinquency, school difficulties, alcohol/drug use, worry and stress, self-injury/"cutting," aggression, eating disorders, and more.

Compassionate and reassuring, this practical and user-friendly guide is invaluable to any parent concerned about their teenage child.

Dr. Lisa writes for the layperson. She clarifies some of the most perplexing (and scary) teen behaviors and provides a clear roadmap for how to handle them.

--Peter S. Jensen, M.D. Director, Center for the Advancement of Children's Mental Health

No other book provides such breadth and depth of information on teenage difficulties in language that is easy to understand.

--Carol Klenow, Ed.D., President, School Board of Education, Utica Community Schools

Exceptional! This book brings hope and possibility to desperate parents everywhere. I only wish I had this book years ago.

--Valerie Palmer, Mother of Son Who Died By Suicide (Boston, MA)

As a mother of a son and daughter, each with many worrisome problems, I learned more, understood more, and received clearer direction from Dr. Boesky's book than from a dozen others combined.

--Elizabeth Lyon, Divorced Mother (Eugene, OR)

## About the Author

Dr. Lisa Boesky is a Child Psychologist and one of the countries most respected experts on troubled teens. "Dr. Lisa" is an active public speaker and teaches thousands of parents and professionals each year how to identify and manage teens who are struggling. [www.whentoworry.com](http://www.whentoworry.com) & [www.drlisab.com](http://www.drlisab.com)