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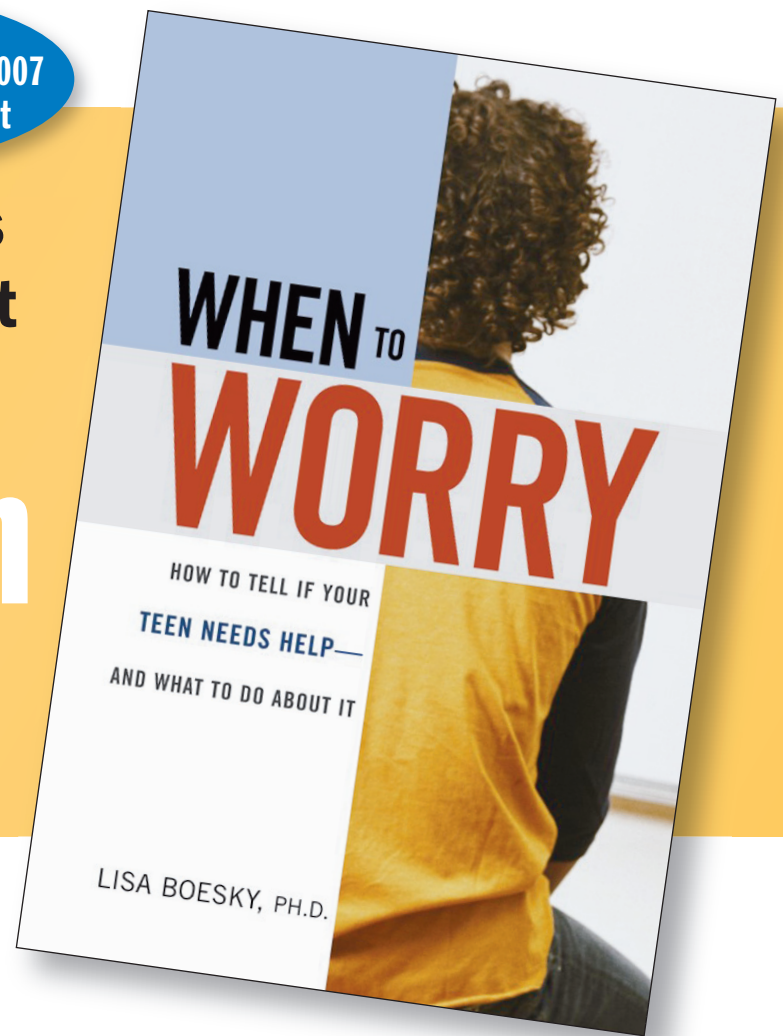
A national expert answers  
the question parents most  
want to know:

“Is my teen  
normal?”



**LISA BOESKY, Ph.D.** is a child/adolescent psychologist and one of the country's most respected experts on troubled teens. Known in the field as “Dr. Lisa,” she is an active public speaker and trains thousands of parents and professionals each year on how to identify and manage troubled teens.

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## When to Worry

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

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 and drug use, worry and stress, 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.

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