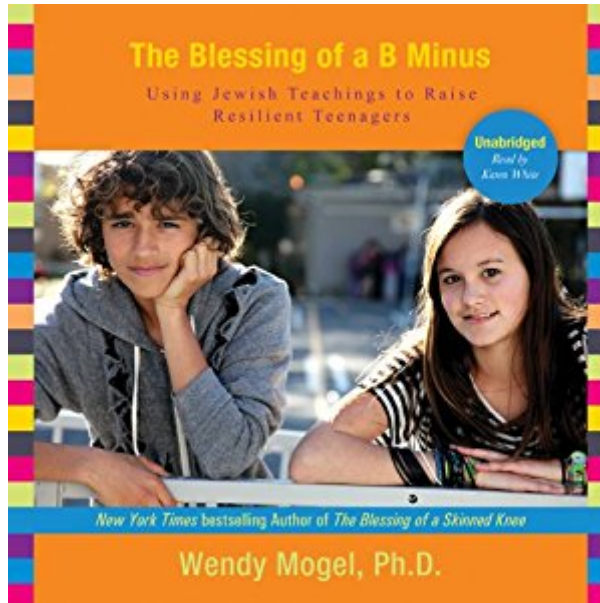


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The Blessing Of A B Minus: Using Jewish Teachings To Raise Resilient Teenagers



Synopsis

New York Times best-selling author, internationally known clinical psychologist, and lecturer Wendy Mogel returns with a revelatory new book on parenting teenagers. Mogel's sage advice on parenting young children has struck a chord with thousands of readers and made her one of today's most trusted parenting authorities. Now, in a long-awaited followup, Mogel addresses the question she hears most frequently: what to do when those children become teenagers, their sense of independence and entitlement grows, the pressure to compete and succeed skyrockets, and communication becomes fraught with obstacles. With warmth, wit, and her signature combination of Jewish teachings and psychological research, Mogel helps parents ably navigate the often rough journey through the teenage years and guide children to become confident, resilient young adults. By viewing the frustrating and worrisome elements of adolescence as "blessings," Mogel reveals that they are, in fact, necessary steps in psychological growth and character development to be met with faith, detachment, and a sense of humor rather than overinvolvement and anxiety. Mogel gives parents the tools to do so and offers reassuring spiritual and ethical advice on why influence is more effective than control, teenage narcissism, living graciously with rudeness, the value of ordinary work, why risk is essential preparation for the post-high school years, when to step in and when to step back, and a sanctified approach to sex and substances. An important and inspiring book that will fortify parents through the teenage years, *The Blessing of a B Minus* is itself a blessing.

Book Information

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Customer Reviews

A friend of mine (also with a teen daughter) recommended this book. I tried the Kindle sample, read the first two pages, welled up in relief that someone was going through the EXACT same situations/thoughts/emotions and promptly hit "BUY". Though the book is peppered with Judaic teachings it was still very relevant for me (I am Agnostic). The biggest take-away for me is "don't take it personally". My husband kept telling me this all along, but he's not a licensed clinical psychologist or child expert so..... :) I think for mothers it is a bit more challenging given we, in most cases, carry our children for 9 months and dedicate many of the formative years providing the primary care and nourishment. For me it's difficult to step back because I LOVE to nurture my family. That I have to step back and realize my teenage daughter is not slighting me on purpose (well, maybe sometimes, who knows), but is pushing back from me to make it easier on HER to separate herself and make the eventual leap out of the nest was a lightning bolt to my brain. This theme - we hurt the ones we love the most because we feel safest expressing our true selves with them - came up time and time again. Once I thought of it more, I realized I did the exact same thing as an adolescent and wished my mother were alive so I could kiss her feet. I'm by no means "cured" of my mother hen-ness or strong desire to nurture (blame that on the Italian genes), but now I can take a step back and realize - it's not personal, it's the business of my once dependent little chick chick learning to become her own young woman. By the way..... Tom Hanks in You've Got Mail is right... "The Godfather is the I Ching. The Godfather is the sum of all wisdom. The Godfather is the answer to any question..... 'It's not personal, it's business. It's not personal it's business.' Recite that to yourself every time you feel you're losing your nerve." This is well worth the purchase and read and re-read.

Wendy Mogul does it again. Either you'll feel supported as she corroborates your excellent parenting decisions and demeanor, or she will introduce concepts that at first horrify (ok, an exaggeration) but then relieve. Dr. Mogul asks us to have confidence in our teens, to demand of them what the world will once they're out from under our wings, and to put some distance between us and their often offensive and irritating adolescent behavior. She reminds us that they need to be this awful because they're working desperately hard at doing something they really don't want to do: separate from us. And finally, she gives us some tips - some serene and some hilarious (when they are disrespectful, picture them in the floaties or the tutu they wore when they were three) - that have helped us just not take it all so seriously. We have been able to remove ourselves from the painful moments without blowing up, and to be there completely when the moment calls for it. It's great to have tools to know the difference. A must read for parents of teens.

I was searching for a book that would answer some of my questions about raising teens. I had read Wendy Mogel's other book about raising resilient children and loved it and hadn't realized she had written another book on a similar topic, but for teens. This book was laugh out loud funny, respectful, and I could find plenty of examples that would suit my own life. From the day I read it, I started changing my attitude about certain things and it actually made me feel better about the whole teenage parenting process. I also really like the Jewish principles behind her reasoning, as I am Jewish myself and there aren't many books written from this perspective. Although I don't think you have to be Jewish to find this book a valuable addition to any parenting bookshelf.

Parents, regardless of their religion, need to read this and *The Blessings of a Skinned Knee* (about younger children) by the same author. Filled with practical advice and a good reminder about the turbulent times of adolescence and how to stay sane.

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