



# **El Adolescente indomable (Psicología Y Salud (esfera)) (Spanish Edition)**

*Angel Peralbo*

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Estrategias para padres: cómo no desesperar y aprender a solucionar los conflictos

Cuando nuestro hijo se ha convertido en un adolescente muy difícil, y con frecuencia indomable, los padres debemos ante todo no desesperar e intentar «cambiar el chip» de la relación con él. Problemas de todo tipo caracterizan esta etapa complicada, de enfrentamiento generacional, y ello hace preciso no sólo ayudarle a solucionar los conflictos, sino comprenderle y aprender a pactar con él en favor de una mejor convivencia familiar..

Ángel Peralbo, psicólogo, coordinador del área de adolescentes en el equipo de especialistas que dirige María Jesús Álava Reyes, nos ofrece inteligentes estrategias para saber cómo actuar cuando...:

- Discuten nuestras órdenes
- Nos hacen chantaje
- Utilizan un tono despreciativo al hablarnos
- Van con malas compañías
- Nos hacen la vida imposible

En la actualidad, cuando más del 70 por ciento de los casos que se ven en consulta es por problemas de conducta, El adolescente indomable resulta un libro imprescindible, de cabecera, para todos los padres que quieran intervenir con éxito antes de que ya sea demasiado tarde.

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