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Gyldendal Agency  
P.O. Box 6860 St. Olavs plass  
NO-0130 Oslo  
Tel: +47 957 81 640  
foreignrights@gyldendal.no  
<http://eng.gyldendal.no>

Line Langaard Solberg

## *Help! Teenager in the House* *Thought training for parents*

**Do you worry about your teenager? This guide is for those of you who want to be more confident in your role as a parent.**

Are you anxious about the challenges that adolescence brings, especially when it comes to partying, drink and drugs, and sleep problems? These worries can lead to nagging and arguments, resulting in a loss of trust and poorer communication. With everyday stories you will relate to, this book provides you with tools you can use in specific situations linked to communication, boundary setting, sleep, screen time, schoolwork and friends.

The aim of this book is that you, as the mother or father of a teenager, will be clearer and more confident in Your role as parent. A parent's greatest task is to prepare their children to flee the nest, and gradually letting them take charge of the controls.

## Line Langaard Solberg

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Line Langaard Solberg (b. 1962) trained as a secondary school teacher and coach. Since 2008 she has managed her own practice as a coach for children and youths in Oslo. It is in this that she puts emphasis on the term 'thought training'. She has extensive experience as a trainer and speaker in secondary schools, colleges and universities. The author is married with three adult children.

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