



# For Parents Only Discussion Guide: Helping You Get Inside the Head of Your Kid

*Shaunti Feldhahn, Lisa A. Rice*

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**For Parents Only Discussion Guide: Helping You Get Inside the Head of Your Kid** Shaunti Feldhahn, Lisa A. Rice  
A Handy Way to Find Out What's Really Going On in There

Drawing on the results of a ground-breaking nationwide survey of teenagers, *For Parents Only* revealed several key surprises about the inner lives of kids. Whether your child already is a teenager or you see those years barreling at you like an express train, this companion study guide will help you put that priceless knowledge to work in your home.

This invaluable resource—perfect for group discussion or individual use—includes:

- thought-provoking questions to help you apply the *For Parents Only* findings to your child
- true-to-life case studies that coach you in the skills of reading your children's minds (scary, we know!), understanding what motivates them, and connecting with them at a deeper level
- practical, insightful discussion-starters and help for common parenting “encounters” and much more!

As you gain a clearer understanding of what's going on in your children's lives and minds, you'll learn how to communicate more effectively and how to offer the guidance they need in a way they can receive.

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