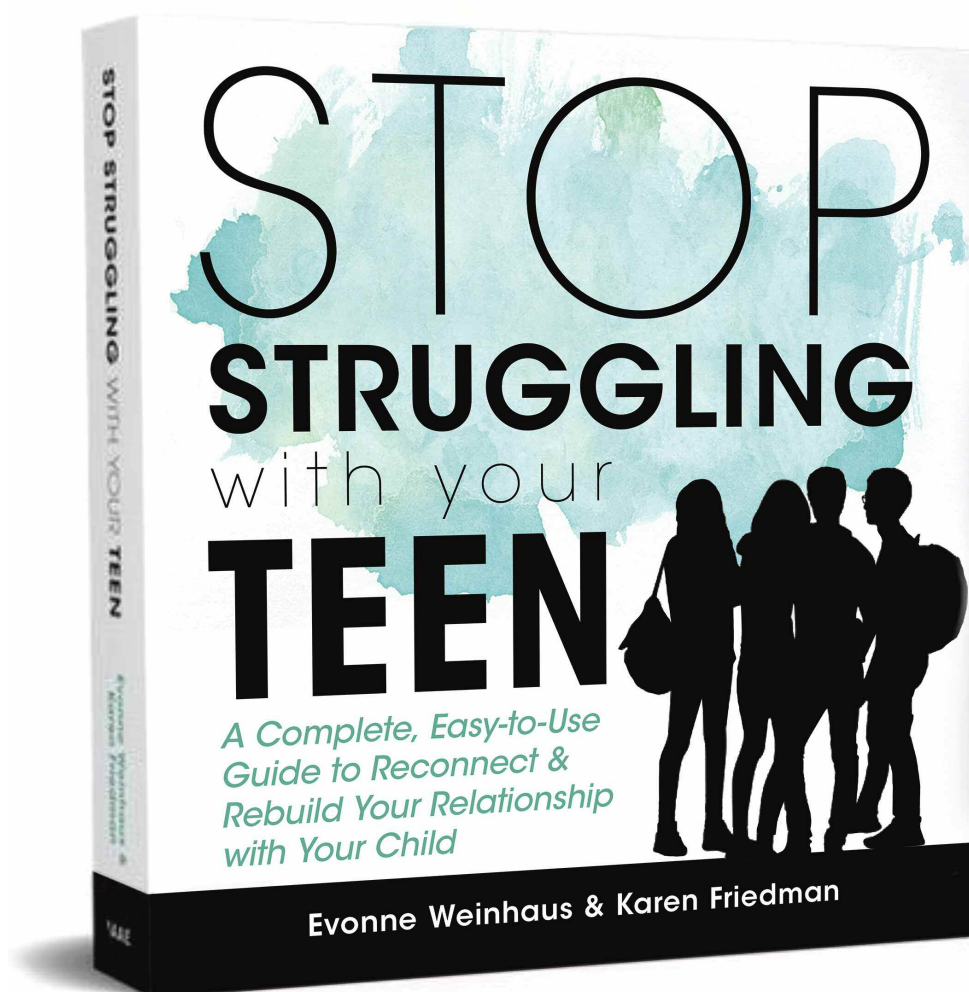


# P R E S S K I T



Thanks for visiting the digital press kit for ***Stop Struggling With Your Teen***.

I take your time very seriously and I don't believe in wasting one second.  
If you're interested in scheduling an interview please email me at  
[evonne@evonneweinhaus.com](mailto:evonne@evonneweinhaus.com).

If you're on deadline, include your phone number as well and I will call you back quickly. I look forward to connecting with you.

— *Evonne Weinhaus*

# Book Details

**Title:** *Stop Struggling With Your Teen: A Complete, Easy-to-Use Guide to Reconnect & Rebuild Your Relationship with Your Child*

**Author:** Updated and Expanded by Evonne Weinhaus

**Publisher:** Author Academy Elite

**Release Date:** March 25, 2019

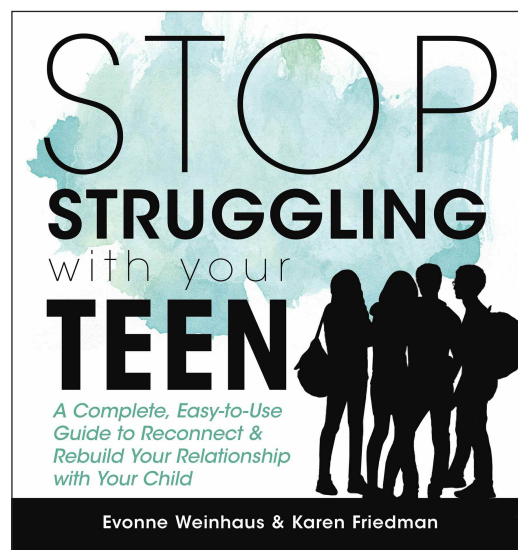
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“Encouragement  
is the key agent  
to change.”

*Stop Struggling  
With Your Teen*  
Evonne Weinhaus

“Base your  
success on your  
actions, not your  
teen’s response.”

*Stop Struggling  
With Your Teen*  
Evonne Weinhaus



# About **Stop Struggling With Your Teen**

When parents are feeling frustrated, exhausted and tired of fighting with their teens all the time, they want solutions-not theory. In **Stop Struggling With Your Teen**, parents learn the 4 step **Stop Struggling** approach to get to the heart of parent-teen conflict. They discover how to strike that delicate balance between standing their ground while encouraging their teen's independence by:

**(NOTE:** Please click each bar below if you would like more information about each section.)

## THINKING DIFFERENTLY

Changing their attitude by changing their language

## TURNING RESPONSIBILITY OVER

Letting go with love-not using fear-based tactics

## TAPPING INTO PARENTS RIGHTS

Addressing their part of the problem they can follow through with

## TAKING A STAND

Setting limits in a no-nonsense and respectful manner

As a result, **Stop Struggling With Your Teen** provides parents with solutions so they will be able to rebuild their relationship, reduce fighting and revitalize healthy communication with their teens.



# Why Read **Stop Struggling with Your Teen Now?**

## The Statistics:

- ➔ Suicide is the second leading cause of death for people between the ages of 10 and 24.
- ➔ Teen alcohol abuse is responsible each year for nearly 200,000 ER visits and 4,300 deaths among kids under 21
- ➔ An estimated 3.1 million adolescents in the United States had at least one major depressive episode in the past year.
- ➔ Vaping increased nearly 80% among high schoolers and 50% among middle schoolers since last year, prompting the US Food and Drug Administration to propose new measures against flavored e-cigarette products.
- ➔ On average, children spend about eight hours a day with some media, including computers, smartphones, music players or other devices. More extreme users spend around 12 hours a day with these devices.

**“Be tough on the problem...  
be tender with your teen.”**

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*Stop Struggling With Your Teen*  
Evonne Weinhaus

# Sample Interview Questions

Please feel free to pick and choose which questions interest you and your audience the most.

1. In a nutshell, what is **Stop Struggling With Your Teen** about?
2. What is the 4 staging process of the **Stop Struggling** process?
3. What makes your parenting book different than others.
4. Why write again after all these years? After all, it has been 30 years since **Stop Struggling With Your Teen** was originally published.  
(Please see [About Evonne](#) for a detailed answer)
5. Why in the world do you encourage parents to complain?

**NOTE:** The following questions, up through question 14, include corresponding videos that provide answers to these talking points. These videos are part of my series, "Quick Parenting Solutions," featured on Facebook and will give you more of a flavor of how I present.

## Sample Videos from Evonne's "Quick Parenting Solutions" Series

6. Is there something controversial about your approach - something that parents may have a hard time with?



7. What pieces of advice do I most want to be known for?



8. What question did you need to confess to yourself before you could write in earnest?



*continued*





9. What is most common mistake parents make?



10. If you could give one piece of advice, what would it be?



11. Catching Your kid vaping- Now what?



12. If your kid plays Fortnite constantly, how can you handle that effectively?



13. How can you effectively limit screen time?



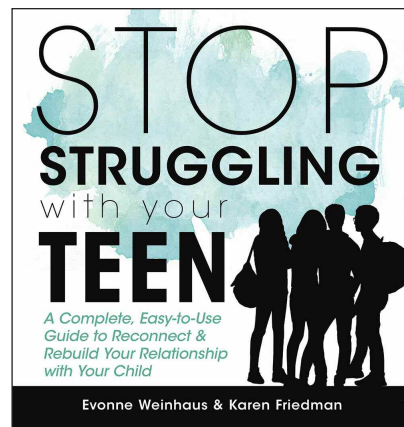
14. What about peer pressure ?



Or any other problems your listeners/viewers may want to talk about (ie such as how to handle curfew and/or homework.)

## Next Step for Your Audience

In this group, Evonne will personally lead parents through the **Stop Struggling** process to, strengthen their relationship with their teens, restore a peaceful atmosphere in their family and revitalize healthy communication with their teens. Hundreds of thousands of people have discovered how to stop unnecessary power struggles without “giving in.” They have learned to be “tough on the problem but tender with their teen” through Evonne’s four-stage transformative approach. Participants anywhere in the world can benefit from this special group. Find out more at [EvonneWeinhaus.com](http://EvonneWeinhaus.com).





# About Evonne Weinhaus

**THE SHORT OF IT:** My mission is to provide a clear path for parents to reconnect with their teens. I have over 30 years of expertise to draw from. With this groundbreaking book, I have educated hundreds of thousands of parents, and the Stop Struggling book series has sold over 250,000 copies plus won the Child's Magazine award for Excellence in Family Issues.

## The Back Story

Two Moments that changed my life:

### 1st MOMENT

**MANY YEARS AGO** I met with a Dad and his teenage son in a joint session, and may I say, the session wasn't going well at all. They were in the throes of a power struggle—who would win and who would lose. In fact, the dad became so irate that he stood up to leave the session.

At that moment, the teen said the words that are forever etched in my heart. "If you ever gave a sh\*t about me, you'll sit down and listen".

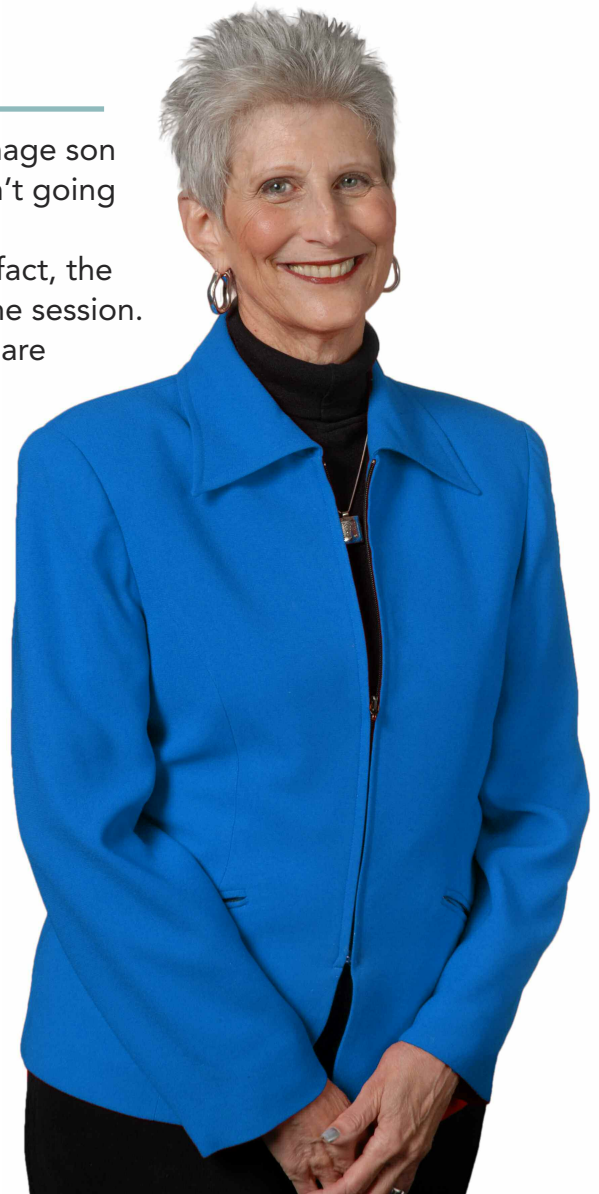
His dad turned around, saw his son's face and sat back down.

"Dad, sometimes I don't even want to live anymore. Nothing makes any sense to me. Last week when you were gone, I went searching for your guns."

The dad's face was one of anguish and fear. His anger was gone. He moved his chair closer to his son and at that moment, the road of recovery had begun for both of them.

And for me, that was the moment my life changed. I had my mission-empowered parent, empowered teen- develop an approach that allowed parents and teens to have equal rights about the issues that primarily affected each of their lives.

*continued*





## 2nd MOMENT

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"YOU HAVE A BRAIN TUMOR" were the words I heard in September 2000. During a 9 and a half hour surgery, my brain surgeon removed a tumor, larger than a golf ball, that had been lodged in my left and right optic nerve plus optic chiasm. I was extremely blessed that I didn't go blind and I could start feeling feelings again. As my neurosurgeon said, "You, having that tumor, was like you having a lobotomy. For more than 18 years, you didn't experience feelings like other people did; your feelings were flat."

So when someone said to me that I wrote **Stop Struggling with Your Teen** for myself and it was my roadmap to help me raise my kids, they may have been right. I didn't have access to my feelings to guide me like most parents did. Before surgery, fear eluded me. After surgery, fear gripped me.

I think many parents also hide from their fears because it is easier not to come to grips with these painful emotions. Instead, they cover up their fears by coming up with stricter rules or idle threats they can't or don't enforce. Then the fighting with their teens escalates.

What lies underneath this fighting is their desire to connect, to be heard, to be seen. I hope **Stop Struggling With Your Teen** will serve as a roadmap for change as it has for me and will provide parents with the practical tools for arguing less and connecting more with their teens.

EVONNE  
*Weinhaus*  
AUTHOR • THERAPIST • EDUCATOR



## Past Media Experience

- The *NEW YORK TIMES SYNDICATE* bought the article, **Can You Stop Struggling With Your Teen** for syndication in over thirty seven newspapers across the country.
- *WOMAN'S DAY* bought first serial rights, for **Stop Struggling With Your Teen**
- A list of Stop Struggling articles had also appeared in *McCALL'S* and *FAMILY CIRCLE* as well as newspapers world wide, including Canada, Australia, and Great Britain.
- **Stop Struggling With Your Teen** was featured in *PUBLISHER'S WEEKLY*, *LIBRARY JOURNAL*, *CHRISTIAN SCIENCE MONITOR* and *KNIGHT RYDER SYNDICATE*.
- National appearances include *TODAY SHOW*, *GOOD MORNING AMERICA* and *OPRAH WINFREY*
- **Stop Struggling** book series was selected for a week long series by WCPO-TV in Cincinnati Ohio for their family news segment and anchored by the Peabody Winner Ellen Shuman.
- As a result of all this publicity, **Stop Struggling With Your Teen** and **Stop Struggling With Your Child** have sold over a quarter of a million copies.



If you're interested in scheduling an interview please email me at [evonne@evonneweinhaus.com](mailto:evonne@evonneweinhaus.com).

