

## PRESS AND TESTIMONIALS

### YOU'RE GROUNDED

by Vanessa Van Petten

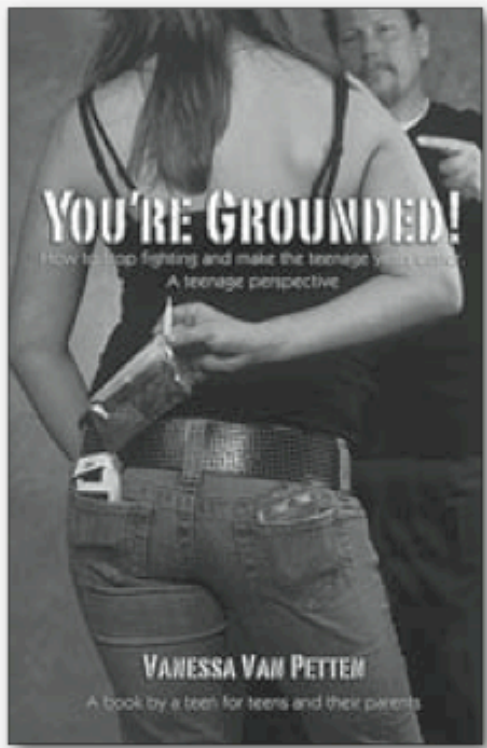
BY MARGO AARON

Step back, mainstream self-help books: there's a new genre taking over bookshelves nationwide. *You're Grounded* tackles the issue of parent-child relationships from the most unexpected perspective—the child's. The book dives into the minds of both parents and teens in hopes of understanding why each behaves in the manner in which they do. Van Petten not only explains what the issues are and how they come about, but how to approach them functionally from both a parental and teenage perspective.

Unlike other experts, Van Petten highlights both sides of the story, pointing out their respective strengths, weaknesses and necessary improvements. The first-person narration style sets the tone to be friendly and light, while at the same time coming across as experienced and knowledgeable. That approach, combined with empirical evidence from recently published medical and psychological studies, serves to bolster the book's message and help carry it home. The author confronts those issues that no one wants to talk about head-on and shares a point of view that is all too often discarded outright.

Well-researched, well-informed and well-written, *You're Grounded* offers a truly a refreshing new look at parent-child relationships from the perspective of an educated and articulate former teenager.

**Grade: B+**



# INsite

Atlanta's Entertainment Monthly

"I read and enjoyed your book. It's a fascinating window into the lives of today's teens. I'm amazed at the maturity and balance with which you depict the roles of both teens and parents. You manage to give good advice without sounding preachy, which is a tough line to walk. If your readers can put to use any of the common sense tips you pass on, I'm sure they would benefit! You could probably market this in the global community as a "road map" to peace between nations, not just between teens and parents...As a teacher and a parent I enjoyed the glimpse into the lives of today's teens. The insights Vanessa share will help me in understanding my students and give me tools to build better communication in the classroom and at home." -Nancy Kuechle, Middle School teacher and mother.

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"You're Grounded!"  
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