



# The Teen Whisperer: How to Break through the Silence and Secrecy of Teenage Life

*Mike Linderman, Gary Brozek*

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Mike Linderman is a teen therapist unlike any other. A real-life cowboy, he wakes up at the crack of dawn, works the cattle on his ranch, and then counsels some of the country's most troubled teens, approaching them with a unique blend of down-home honesty, straight-talk discipline, and pure intention that is rarely found in a therapist's office. Most of the teens Mike treats are angry, abused, violent, and dangerous, yet despite their difficult pasts, he has achieved extraordinary success with them, helping to turn their lives around and earning him the nickname the "Teen Whisperer."

In this book, he shares the secrets behind his success with parents everywhere, demonstrating how his regimen of hard work, integrity, and effective communication has turned seriously at-risk kids into loving, well-balanced, and productive teens. More than just a plan to rein in bad behavior, *The Teen Whisperer* deconstructs the emotional barriers that adolescence has placed between you and your child, helping you work with teens on their level—instead of simply treating them as subordinates. With this straightforward and open perspective, both you and your teen will learn to offer each other mutual respect and kindness, as you work together to heal the troubled hearts of your family.

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