



The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers

By Wendy Mogel

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New York Times bestselling author, internationally known clinical psychologist, and lecturer Wendy Mogel returns with a revelatory new book on parenting teenagers.

Mogel's sage advice on parenting young children has struck a chord with thousands of readers and made her one of today's most trusted parenting authorities. Now, in a long-awaited follow-up, Mogel addresses the question she hears most frequently: what to do when those children become teenagers, when their sense of independence and entitlement grows, the pressure to compete and succeed skyrockets, and communication becomes fraught with obstacles?

With her warmth, wit, and signature combination of Jewish teachings and psychological research, Mogel helps parents to ably navigate the often rough journey through the teenage years and guide children to becoming confident, resilient young adults. By viewing the frustrating and worrisome elements of adolescence as "blessings," Mogel reveals that they are in fact necessary steps in psychological growth and character development to be met with faith, detachment, and a sense of humor rather than over-involvement and anxiety. Mogel gives parents the tools to do so and offers reassuring spiritual and ethical advice on

- why influence is more effective than control.
- teenage narcissism.
- living graciously with rudeness.
- the value of ordinary work.
- why risk is essential preparation for the post-high school years.
- when to step in and when to step back.

- a sanctified approach to sex and substances.

An important and inspiring book that will fortify parents through the teenage years, *The Blessing of a B Minus* is itself a blessing.

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Bibliography

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Editorial Review

From Publishers Weekly

Social-clinical psychologist Mogel concentrates on the hidden blessings of raising teenagers in this engaging follow-up to *The Blessing of a Skinned Knee*. Intermingling wisdom and guidelines from Judaism and adolescent psychology, Mogel compares the teen years to the journey from Egypt to the Promised Land. As kids wander in the "desert" of adolescence, she advises parents to offer counsel and guidance, demonstrate empathy without entanglement, and resist the urge to intervene or rescue. In chapters peppered with true-to-life examples and humor, Mogel examines the blessings of a B minus, staying up late, hangovers, breaking the rules, and a variety of other teen topics, urging parents not just to look on the bright side, but to help kids benefit from the learning opportunities inherent in difficult situations. Some of her advice may be challenging for readers to follow: for instance, she recommends that parents refrain from broaching the subject of college until grade 11. She also encourages parents to let teens learn from their own mistakes and to respect their yetzer hara (aggressive impulse), while seeking balance with a sense of teshuvah (repentance). Mogel's compassion and authenticity will ring true with parents of all faiths facing the tumultuous teen years. (Oct.) (c)

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Review

“Wendy Mogel’s book is filled with reassurance...A blessing indeed.”

--Lisa Belkin, *The New York Times*

“Wendy Mogel...is the voice that every parent dreams of finding while wading through the confusion of childrearing today: calm, knowing, empathetic and informed both by professional knowledge and personal experience.”

--Judith Warner, author of *Perfect Madness* and *We've Got Issues*

About the Author

Wendy Mogel, Ph.D. is a clinical psychologist, parent educator, keynote speaker for educational and religious organizations and schools, and the author of the *New York Times* bestseller *The Blessing of a Skinned Knee*. She lives in Los Angeles. Please visit her website at www.wendymogel.com.

Users Review

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Carol Ray:

Do you one among people who can't read enjoyable if the sentence chained in the straightway, hold on guys that aren't like that. This *The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers* book is readable simply by you who hate the straight word style. You will find the information here are arrange for enjoyable examining experience without leaving possibly decrease the knowledge that want to provide to you. The writer of *The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient*

Teenagers content conveys the thought easily to understand by a lot of people. The printed and e-book are not different in the articles but it just different in the form of it. So , do you nonetheless thinking The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers is not loveable to be your top collection reading book?

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Constance Music:

The reason why? Because this The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will surprise you with the secret this inside. Reading this book close to it was fantastic author who have write the book in such awesome way makes the content within easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of gains than the other book have such as help improving your talent and your critical thinking way. So , still want to postpone having that book? If I had been you I will go to the publication store hurriedly.

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