

For Immediate Release

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How Do I Survive Life With My Teenager?
15 Steps to Creating Harmony in Your Life With A Teenager

Christine Alisa's new book *Your Itty Bitty Communicating With Your Teenager Book: 15 Steps to Creating A Better Relationship With Your Teen* is a #1 Amazon Best Seller and must have handbook for families who have a teen in their life.

The perfect guide for parents with teenagers, this Itty Bitty Book is designed to be small enough to fit in your purse and written so you can read it during your lunch break.

The author, Christine Alisa, is a therapist who has been in private practice for over 25 years. She specializes in working with children & adolescents in areas trauma, abuse, and learning disabilities.

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Note to Media: If you need background, commentary, trends or story ideas about Parenting and Teenagers please contact Christine Alisa, M.S.

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