



Saying No Is Not Enough Second Edition: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs-A Guide for Parents of Children Ages 3 Through 19

Robert, PhD Schwebel

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The challenge: How to raise children in a drug-filled society and prevent substance abuse

Dr. Schwebel's Recommendations:

- Start when your children are young
- Create a family climate for communication
- Show your children how to meet their needs without drugs
- Help kids understand the dangers of drugs
- Help them learn to resist peer pressure
- Teach your children how to make wise decisions
- Establish give-and-take discussions with teens
- Stay alert to potential drug problems and know how to respond

How to listen and what to say in order to accomplish these goals is what *Saying No Is Not Enough* is all about. Now in its second edition, this valuable prevention and intervention guide for parents and professionals by Dr. Schwebel, one of the nation's experts, presents his complete, step-by-step program, refined and time-tested over the last twenty-five years.

What's New in This Second Edition:

- A full chapter on tobacco
- Recommendations about parents discussing their own substance use
- What to do about drug testing
- More on marijuana, the myths vs. the realities
- More on how to deal with lying and dishonesty
- More on intervention for parents whose kids are already harmfully involved with drugs

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From reader reviews:

Robert Zamora:

The book *Saying No Is Not Enough Second Edition: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs-A Guide for Parents of Children Ages 3 Through 19* can give more knowledge and also the precise product information about everything you want. Exactly why must we leave a good thing like a book *Saying No Is Not Enough Second Edition: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs-A Guide for Parents of Children Ages 3 Through 19*? Several of you have a different opinion about guide. But one aim that book can give many information for us. It is absolutely proper. Right now, try to closer with your book. Knowledge or data that you take for that, you are able to give for each other; you are able to share all of these. Book *Saying No Is Not Enough Second Edition: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs-A Guide for Parents of Children Ages 3 Through 19* has simple shape however you know: it has great and massive function for you. You can search the enormous world by open and read a guide. So it is very wonderful.

Joseph Jackson:

This *Saying No Is Not Enough Second Edition: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs-A Guide for Parents of Children Ages 3 Through 19* book is not really ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is definitely information inside this guide incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This specific *Saying No Is Not Enough Second Edition: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs-A Guide for Parents of Children Ages 3 Through 19* without we understand teach the one who reading it become critical in contemplating and analyzing. Don't become worry *Saying No Is Not Enough Second Edition: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs-A Guide for Parents of Children Ages 3 Through 19* can bring any time you are and not make your handbag space or bookshelves' become full because you can have it inside your lovely laptop even cell phone. This *Saying No Is Not Enough Second Edition: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs-A Guide for Parents of Children Ages 3 Through 19* having great arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

Donna Hubbard:

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Lily Spivey:

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