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# Is Your Teen Stressed or Depressed?: A Practical and Inspirational Guide for Parents of Hurting Teenagers

*Archibald Hart, Catherine Hart Weber*

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The teen years are hard enough. But with today's increased pressures to produce at school, stay in step with being cool, and manage a jam-packed schedule, it's no wonder many teens are overwhelmed. The result is a generation experiencing greater stress and feeling more depressed than any other.

This book will inspire and equip parents to help their hurting teens. The well-known and widely respected author team of Dr. Catherine Hart Weber and Dr. Arch Hart help parents discover and identify nervousness, irritability, negativity, and low self-esteem, and determine whether their teen's symptoms are caused by physical problems, raging hormones, stress, or depression. Offering practical suggestions, spiritual solutions, and encouragement, this resource helps parents and teens face their own feelings of fear, anger, and hurt.

*Is Your Teen Stressed or Depressed?* will help parents determine whether their child is simply acting like a hormone-raging teenager, or is actually suffereing from too much stress or even depression.

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