

FOR IMMEDIATE RELEASE

Losing Control and Liking It How to Set Your Teen (and Yourself) Free

CAROL STREAM, IL – Parents of teens—especially Christian ones—know only too well that many sons and daughters abandon the “straight and narrow” when they hit adulthood. The pressure on these parents to make their kids turn out right is enormous. Sometimes this pressure can lead parents to think they have to control their kids.

Tim Sanford's new book, *Losing Control and Liking It*, releases in January of 2009 from Tyndale House Publishers. Published in partnership with Focus on the Family, *Losing Control and Liking It* tackles a key concern in parent-teen relationships: coming to grips with the issue of control. Control issues can be very tough on both parents and teens, resulting in a plethora of struggles—struggles which are realistically addressed throughout the book.

“So many parents – with the best intentions – try to strong-arm their kids into being safe, successful, and spiritual. But that hurts the relationship, and rules without relationship lead to rebellion. Whether you’re burned out by arguing or weary of ‘rescuing’ your teen from his or her own mistakes, Tim Sanford has a far better way. It’s time to ‘lose control’ – and start enjoying your son or daughter again.”

– Josh D. McDowell, author and speaker

Focus on the Family often emphasizes the importance of protecting and disciplining children—and confronting them when necessary; this book provides an opportunity to keep the Focus message balanced. *Losing Control and Liking It* will help relieve parents of a burden they were never meant to carry and guide families toward stronger relationships that are based on validation and nurture instead of control.

Tyndale House Publishers was founded in 1962 by Dr. Kenneth N. Taylor as a means of publishing *The Living Bible*. Now one of the premier publishing houses in the industry, Tyndale has published numerous *New York Times* best sellers, including the popular *Left Behind* series; *Quiet Strength*, a memoir by Indianapolis Colts head coach Tony Dungy; and *Dead Heat*, a political thriller by Joel C. Rosenberg. Tyndale publishes the New Living Translation of the Bible, as well as many resources for church and family. Tyndale House is located in Carol Stream, Illinois, a suburb west of Chicago. Visit www.tyndale.com for more information.

BOOK STATS

AVAILABLE:	<u>January 2009</u>	ISBN:	<u>978-1-58997-481-4</u>
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