



## You are Not Alone: Hope for Hurting Parents of Troubled Kids

By Dena Yohe

Multnomah Press, United States, 2016. Paperback. Book Condition: New. 200 x 135 mm. Language: English . Brand New Book. A survival guide for hurting parents from a mother who s been in their shoes. Parents whose teenage or young adult kids are in the midst of crisis--due to destructive choices, mental illness, self-injury, bullying, or other causes--find themselves exhausted, alone, desperate, powerless, and grieving. They don t know where to turn for their own support. In this powerful book, Dena Yohe--whose own daughter, Renee Yohe, was the suicidal, addicted, depressed, self-harming girl whose situation led friends to start the well-known non-profit To Write Love on Her Arms--comes alongside parents and offers encouragement, wisdom, support, and helpful resources. Dena shows parents healthy ways to cope with the challenges that affect their social relationships (including marriage and relationships with their other children), physical and emotional health, and spiritual wellbeing. Dena provides hope that they can have peace and be okay, even if their son or daughter is never okay.



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