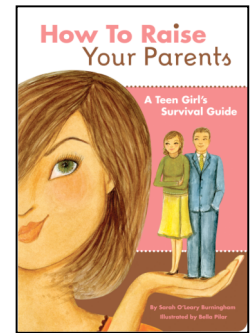


Contact: Cathleen Brady
Senior Manager, Children's Publicity
Phone: 415/537-4252
cathleen_brady@chroniclebooks.com
www.chroniclekids.com

How to Raise Your Parents

A Teen Girl's Survival Guide



“This book tackles difficult topics with wit and wisdom. It speaks honestly and openly to teens about the challenges of being an adolescent in today’s world.”

—**Kathryn Della-Piana, LCSW**
Exec. Director, Family Counseling Center

“[A] wise and witty work for smart teenage girls. The result should be that both parent and teen feel they can be heard and respected, even where there is disagreement.”

—**Penny Brooke Jameson, Ph.D., Clinical Psychologist**

The teen-parent relationship has always been a tenuous one. Think back to those years between braces and graduation—when a later curfew meant the difference between social heaven and loser-ville (at least you thought) and your parents held the car keys over your head like a ransom. If only you’d had some solid advice on how to relate to and level with your parents on everything from dating dilemmas to nose piercing. Well, today’s teenagers do!

HOW TO RAISE YOUR PARENTS: A Teen Girl's Survival Guide (May 2008) is the essential guide to getting some privacy, understanding “ParentSpeak,” and negotiating for a little independence. Author Sarah O’Leary Burningham speaks directly to teen readers in an open and honest voice—and a language they’ll understand—and offers practical advice to help them survive “the difficult years” with their parents while keeping their relationship intact and lines of communication open. Some of the basics Sarah includes are:

- Essential negotiation and bargaining tactics—the foundation of teen freedom!
- Advice on surviving the report card storm (a “B” is NOT a bad grade!)
- How to introduce your parents to your McDreamy
- Ways to convince your parents that spending hours at the computer is a GOOD thing
- Hints for avoiding a curfew crisis, even when you’re running a little late
- The secrets of cell phone etiquette
- Parental music maneuvers—ways to break your parents into hip-hop
- Determining which “breed” of parent you have, and more!

Each page is jam-packed with sensible advice that teens (and parents!) can use in their everyday lives. After all, teens and parents don’t always see eye-to-eye, but with the help of ***HOW TO RAISE YOUR PARENTS***, they can certainly meet somewhere in the middle.



Author **Sarah O’Leary Burningham** was inspired to write this book when she was 16 and came home late for curfew (again). She interviewed hundreds of teenagers about their biggest parental pet peeves and also talked with hundreds of parents about their concerns and issues. She has thousands of teen friends on MySpace, a regular blog, and is hard at work on her next book—also for teenagers! Still a teenager at heart, Sarah lives and works in Manhattan.

Illustrator **Bella Pilar**’s strong ties to fashion began with work in visual display and a career as a makeup artist before going on to her true love, illustration. Bella was trained in art and fashion at both Fashion Institute of Technology in New York and Massachusetts College of Art in Boston.

About Chronicle Books

One of the most admired and respected publishing companies in the U.S., Chronicle Books was founded in 1967 and over the years has developed a reputation for award-winning, innovative books. Recognized as one of the 50 best small companies to work for in the U.S. (and the only independent publisher to receive this award), the company continues to challenge conventional publishing wisdom, setting trends in both subject and format, maintaining a list that includes illustrated titles in design, art, architecture, photography, food, lifestyle and pop culture, as well as much-admired books for children and ancillary products through its gift division. Chronicle Books’ objective is to create and distribute exceptional publishing that’s instantly recognizable for its spirit, creativity, and value. For more information about Chronicle Books, visit www.chroniclekids.com.

HOW TO RAISE YOUR PARENTS: A Teen Girl's Survival Guide

by Sarah O’Leary Burningham, illustrated by Bella Pilar
ISBN: 978-08118-5696-6, Price: \$12.99, Ages 13 and up
Publication Date: May 2008