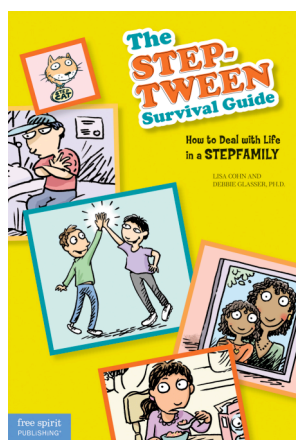




Contact

Jenni Bowring
612.746.6848
bowring@freespirit.com



**THE STEP-TWEEN
SURVIVAL GUIDE:
HOW TO DEAL WITH LIFE IN A
STEPFAMILY**
by
Lisa Cohn
and
Debbie Glasser, Ph.D.

The guide for tweens who long to fit in and feel better about life in a stepfamily

Advance praise for *The Step-Tween Survival Guide*:

“Perfectly describes the feelings and experiences that kids handle as a result of blended families. Includes hands-on exercises, heartfelt wisdom, and much needed humor. It’s a must-have for every stepfamily wanting to create a sense of warmth, open communication, and love for their children.”

—Roni Leiderman, Ph.D., Dean, Mailman Segal Institute for Early Childhood Studies, Nova Southeastern University

Minneapolis, Minnesota—Meet Jake. His parents are divorced and both of them recently remarried. Now, like many young people today, Jake splits his time between two households—with four parents—which has pluses and minuses. And like most of those young people, Jake has lots of questions about how to deal with these new family dynamics. Being a tween (between the ages of 9–12) can be complicated, but being a tween in a stepfamily can be downright difficult without some guidance. **The Step-Tween Survival Guide: How to Deal with Life in a Stepfamily** (Free Spirit Publishing, \$9.95) by Lisa Cohn and Debbie Glasser, Ph.D., is for kids like Jake, whatever their stepfamily situation may be.

In the United States, there are an estimated 4.5 million stepkids, and nearly that many in Canada. In fact, almost 30 percent of all U.S. children are likely to spend some time in a stepfamily. Lisa Cohn and Debbie Glasser interviewed kids about life as step-tweens and found that they have many feelings in common, such as resenting being bossed around by their new stepparent, feeling unsupported by their mom or dad, and hating the sudden loss of privacy due to a new stepsibling. But there were happier feelings about being a step-tween, too, like enjoying a bigger family and getting to be a role model to a younger stepsibling. In **The Step-Tween Survival Guide**, Lisa and Debbie combine the real-kid interviews with skills for surviving—and thriving—in a stepfamily, including survival tools, quizzes, reality check sections, and much more. It’s designed to empower kids to make their situations better while becoming stronger and happier.

Lisa and Debbie know that not everything in **The Step-Tween Survival Guide** will apply to every reader: for example, not every stepkid has stepsiblings. But all kids can learn something by reading about other tweens’ challenges and victories, and no one should have to go through this life change alone. As the authors explain, “Although the tools in this book are for tweens—to help them gain some control of their situation—kids are not expected to face these changes on their own. It’s up to parents, stepparents, and other trusted adults to provide the support, guidance, and understanding they need in order to adjust to stepfamily life.”

Stepfamily life often begins with bumps in the road; but in time, and with the help of this new book, tweens can settle into their new families and grow to like—and even love—their new family members.

For
Immediate
Release!

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HOW TO DEAL WITH LIFE IN A STEPFAMILY**

by Lisa Cohn and Debbie Glasser, Ph.D.

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About the Authors



Lisa Cohn is an award-winning freelance writer and author. Her favorite part of her job is interviewing kids and adults like the ones she interviewed for this book. She is also the author of *One Family, Two Family, New Family: Stories and Advice for Stepfamilies*. Her articles have appeared in the *Christian Science Monitor*, *Mothering*, *Parenting*, *Brain*, *Child: The Magazine for Thinking Mothers*, and other publications. She is now working—along with her brother—on a book/CD program for kids in sports (and their parents). Write to her and learn more by visiting www.stepfamilyadvice.com or www.youthsportspsychology.com. She lives in Oregon with her partner, two kids, and two stepkids.



Debbie Glasser, Ph.D., is a psychologist and writer who helps kids and parents in all kinds of families learn how to understand each other and get along better. She is a freelance parenting columnist for the *Miami Herald* and past chairperson of the National Parenting Education Network (NPE). She also edits an online newsletter for parents and can be reached at www.NewsForParents.org. Debbie lives in a stepfamily. Two of her three children, Emily and Ben, are stepkids. Debbie and her husband, Glenn, also have a son named Sam.



About Free Spirit Publishing (www.freespirit.com)

Meeting kids' social & emotional needs since 1983

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social and emotional health. Free Spirit's mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.