



# **Stressed or Depressed: A Practical and Inspirational Guide for Parents of Hurting Teens**

*Archibald Hart, Catherine Hart Weber*

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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 helps 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.

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