



GROW UP!

How to raise
an adult by
being one yourself

John S Cheetham

- **Psychologist John Cheetham is a regular on Channel 7's *Today Tonight*, Melbourne 3AW (Neil Mitchell), Adelaide 5AN & Perth 6PR**
- **All states radio and TV appearances**
- **For all parents worried about how their kids will respond to drugs, alcohol, the internet, computer games etc**
- **Updated edition of *The Age* Top Ten Bestseller**
- **Funny and accessible, full of memorable case studies**

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Armed with this book, parents can make sure their child doesn't turn into the next Corey Delaney (the *Big Brother* teenager infamous for trashing his parents' house while they were away).

Popular TV and radio psychologist John S Cheetham has produced a entertaining book that will change the way you look at parenting forever. Based on 20 years' experience helping real families, *Grow Up!* shows parents how they can help their kids become happy, well-adjusted young adults—and avoid the pitfalls.

Cheetham's message is simple: you have all the skills you need—provided you remember to be an adult yourself. That means approaching parenting challenges as you would other challenges in your life, rather than slipping into 'parent mode'. Cheetham's refreshing approach includes case histories that provide real answers to the problems parents face every day, plus Phil Scamp's entertaining cartoons.