



# The Step-Tween Survival Guide: How to Deal with Life in a Stepfamily

*Lisa Cohn, Debbie Glasser Ph.D.*

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Life as a preteen (a.k.a. “tween”) can be challenging. Life as a stepkid can be equally tough. Put them together, and it can be like climbing Mount Everest...daily. Step-tweens are not only caught between childhood and teenhood—they’re also often caught between two parents, two families, and two homes. This book lets them know they are not alone, helps them identify and express their feelings, and teaches them how to effectively communicate their wants and needs. The engaging format includes lively illustrations, quizzes, advice from other stepkids, “survival tools” to use when the going gets rough, and suggestions for what to do when nothing else seems to be working. With *The Step-Tween Survival Guide*, tweens will gain the skills and inspiration to both survive and thrive in a stepfamily.

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