

"You're Grounded!" A New Book to Finally Get Your Kids to Say 'Thank You'

With the rise in teen internet usage, dangerous party drugs and school shootings, the parent/teen gap could not be wider—Van Petten's new book is here to close it.

(Los Angeles, CA, Date)— Vanessa Van Petten has released her new book "You're Grounded!" published by iUniverse, Inc. to finally expose the essential teenage view which is often ignored or discarded.

Van Petten's early experience of losing friends to destructive behavior with drugs and alcohol, has inspired her to help Generation Y teenagers have stronger relationships at home and to have fun without drugs and alcohol. She hopes that "You're Grounded!," rules.com and her teen products will pave the way for today's teens to become happier and healthier adults.

This is the first book written by a teenager to be read by both Parents and Teens. Van Petten shows readers both perspectives on numerous topical teen issues and provides new strategies to approaching the parent teen relationship. "You're Grounded!" is bound to shake up some house rules and get readers unstuck from the family ruts of nagging and procrastinating.

"If teens want a later curfew and parents want chores completed, there has to be some serious compromise"

"You're Grounded!" is based on over 700 interviews that Van Petten conducted with parents, teens, counselors and teachers. After her own 'groundings,' parent blow-outs and stressful high school experiences her personal stories make "You're Grounded!" a succinct, candid and realistic guide to approaching the teen parent relationship. Van Petten does not shy away from the hard-hitting issues such as teen sex, drug use and teen racism, while she still delves into the everyday problems of teens and parents like bullies, getting into college, time management and packing school lunches.

Both instructional and inspirational, Van Petten seems to strike a chord with rebellious youths and overbearing parents to open up communication and get both parties talking. Van Petten says that "because I wrote this book as a teenager, I understand the social and academic stress teens feel and can teach parents how to help them, not alienate them" Van Petten is able to reach teenagers on their level, while still helping parents to respect the boundaries that teens set-up around their emotions, bedroom doors and school dances.

About Vanessa Van Petten:

Van Petten grew up in Los Angeles, CA and attended Marlborough High School. She is currently 22 and wrote "You're Grounded!" when she was 17. She just recently graduated from Emory University and is launching her website rules.com which is an online editable parenting and teen guide written by actual users. She is also on a national speaking tour for parents and teenagers addressing all issues for parents on how to reach their kids, for companies about branding to teenagers and for teens on how to deal with everyday academic, social and health issues.

"You're Grounded!" is a veritable roadmap for peace between the teen and parent nations. Teachers, parents, counselors, doctors, teenagers and tweenagers alike can finally learn to understand each other by reading "You're Grounded!"

"You're Grounded!" by Vanessa Van Petten: 2007, iUniverse

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Available immediately online at Amazon, Barnes and Noble, Borders or call iUniverse at 1-800-Authors.

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