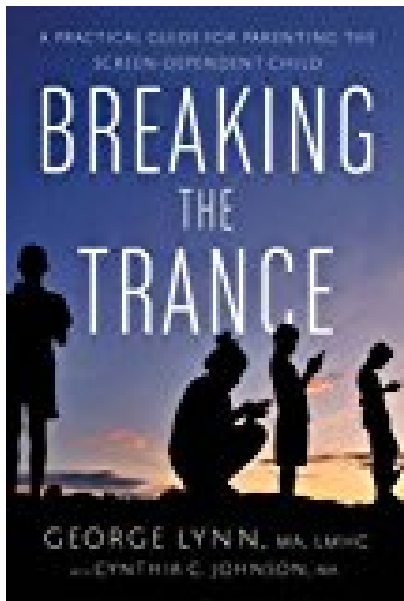


Breaking the Trance A Practical Guide for Parenting the Screen-Dependent Child



BOOK DETAILS

- Author : George T. Lynn
- Pages : 208 Pages
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BOOK SYNOPSIS

Recreational screen media use is quickly replacing family time, by no fault of parents. They are doing the best they can based on the information available to them, which claims nothing can be done to stop their children's screen dependence. Parents seeking change need a new framework for action. *Breaking the Trance* does not blame parents or vilify technology, but it does give parents clear and effective strategies to implement immediately. The results will restore a sense of care and connection within the family. George T. Lynn, MA, LMHC, is a psychotherapist from Bellevue, Washington, who has pioneered the use of psychotherapy for adults and children with neuropsychological issues. George is author of the *Survival Strategies for Parenting* series, *Genius! Nurturing the Spirit of the Wild Oppositional Child* and *The Asperger Plus Child*. He has appeared on National Public Radio, Air America, and the Maury Povich Show to talk about his work with children who exhibit extreme behavior problems. Cynthia C Johnson, MA, utilizes in-home individualized therapeutic tutoring to help unique K-12 learners reach their full potential. She is the founding director of the Venture Program at Bellevue College in Washington, the first degree program in the nation designed for students challenged with learning and intellectual disabilities. Her work has been featured by National Public Radio, the Chicago Tribune, Inside Higher Education, University Business Magazine, the Seattle Times, and KIRO 7. She is a Certified Mediator Practitioner in Washington State.

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