



The NEW Hassle Handbook: A Guide Through the Teen Age Years

John Frykman, Ph.D.

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If what you are doing about a hassle is not helping, change what you are doing. If what others are doing to help is not helping, it's not help! It is always possible to make choices different from the ones that are not working, such as asking for criticism, taking a toilet time out, or foolish politeness. There have been two earlier editions of The Hassle Handbook, A Guide Through the Teenage Years. One in 1984 and one in 1988. It's been almost twenty years and both editions have long been out of print. In the meantime, the world has changed for us and especially for teenagers. The Internet, E-mail, Texting, Cyber Bullying, Instant Messaging, Youtube, Myface, iPods, iMacs, iPhones, MP3s, GPS, hybrid cars, solar panels, sex change surgery, cryogenics, PCs and Macs, outrageous wars, HDTV, HD radio, satellite TV and radio, Columbine type shootings, Impression Management, Relationship Management, the suspension of truth and integrity, Rap and Hip Hop, and on and on and on and on. But there are still hassles, the problems, bumps and turns that we all must get through just to exist. There is still a need for some coaching on how to cope, how to become what we want to become. Life is one goddamn thing after another, and quality of life is not measured by how free we are of problems but how well we deal with the ones that come our way. Those problems seem to be growing in complexity and difficulty, with no easy answers! I've recruited three young writers to contribute to this NEW Hassle Handbook: Zoe, a ninth grader who found ways to cope with moving from a small private school to a large public school; Alex, a college student who became who he is growing up in this new world; and Debbie, a young woman who knows a problem when she sees it (Cyber Bullying) and gets right to work at solving the problem.

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