

Hello, my name is Melissa Silverstein, and I am working with Dr. Roni Cohen-Sandler, a clinical psychologist, author and adolescent expert, to familiarize those who care about teens with her work, books, workshops, and lectures.

Dr. Roni Cohen-Sandler

Dr. Roni Cohen-Sandler, a nationally known resource on parenting and teen issues, is a frequent guest on the *Today* show as well as *Oprah*. She has been featured in such publications as *Better Homes & Gardens*, *Glamour*, *Parents*, *Newsweek*, *Redbook*, *Girls' Life*, *Teen Vogue*, and *Family Circle*, to name but a few. She is a highly sought after speaker not only because of her engaging, dynamic style, but also because of her unique commitment to providing listeners with practical, proactive solutions. Recognizing teenagers' strengths along with their myriad challenges, she helps parents and professionals find creative solutions to today's problems so that teens become tomorrow's capable and confident leaders.

Dr. Cohen-Sandler presents workshops and lectures across the country for parents, educators, mental health professionals, and teens on many topics: [Roni Cohen-Sandler Speaking](#)

- Stressed-out Teens
- Mother-Teen Daughter Relationships
- Raising Teens in the 21st Century – New Rules for New Times
- Building Teens' Self-Esteem
- Five Steps to Better Parent-Teen Relations
- Stressed-out Moms: Involved or too Involved?

Her most recent, landmark book on the challenges faced by modern teens is: *Stressed Out Girls: Helping Them Thrive in the Age of Pressure*. Other books include the award-winning *Trust Me, Mom — Everyone Else is Going: The New Rules for Mothering Adolescent Girls*, and she is co-author of the bestseller, *I'm Not Mad, I Just Hate You!: A New Understanding of Mother-Daughter Conflict*.

As an organization with similar interests and goals, we ask that you let others know about Dr. Roni Cohen-Sandler and her work—either through email, a link on your site, a mention in your newsletter, or any way that works best for your organization.

Dr. Cohen-Sandler is available for interviews, article writing, and especially welcomes invitations to speak with organizations and community groups. If you are interested in discussing a possible event, please contact Krista Reiner at (203) 333-1573 or krista22@snet.net.

Here are just a few of the appreciative comments from those who have worked with Dr. Cohen Sandler:

"Using wisdom, humor and personal life experience you managed to engage and teach an audience eager to guide and protect their children in what often seems to them an alien world. The positive feedback from those who attended and the exceptional sale of books was an indicator of the huge success of the evening."

Meg Mackay, The Ursuline School, New Rochelle, New York

"Not only is this book wonderful, but also I felt as if it was written specifically for me. I couldn't put it down—and neither will any parent of a teenage girl."

Debbie Silver, Executive Editor, Weston magazine, Weston, Connecticut

"I am impressed with the impact your advice and wisdom had on our parent group as well as the middle and upper school girls."

Laurie-Jo Straty, Hockaday School, Dallas, Texas

"Each woman here will have a richer relationship with her daughter after this evening's meeting."

Beth Dwyer, National Charity League, New Canaan and Canaan Parish chapters

Thank you so much for the gift of your knowledge, your experience and your heart. Never have I met someone so generous and passionate about their desire to help young people.

Gilda Ross, Glenbard West High School, Glen Ellyn, Illinois

For questions please contact us: info@ronicohensandler.com

More information: [Roni Cohen-Sandler](#)