



# Hey Mom and Dad, Remember Me?

*Dr. Durlynn A. Anema Ph.D.*

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## **Hey Mom and Dad, Remember Me?** Dr. Durlynn A. Anema Ph.D.

Being a young adolescent teen is hard, but it can be miserable if divorce looms over the young person's head. When a teen's parents are going through a divorce, it can affect every aspect of life: emotional wellbeing, attitude toward loved ones, school, and other areas. In *Hey Mom and Dad, Remember Me?*, Durlynn Anema, a Ph.D. and a family counselor, addresses the issues surrounding divorce in a way targeted to adolescents. By examining countless emotions and scenarios a young person could experience during a divorce, Dr. Anema provides a compassionate and all-inclusive look at the best ways to handle this tough situation. Whether it's feelings of anger, depression, guilt, or any other difficult problem, *Hey Mom and Dad, Remember Me?* provides examples and commentary that will be a great companion and reference for an adolescent watching her parents divorce. Divorce is a heavy burden on any person, especially a young one, and should not be carried alone. With *Hey Mom and Dad, Remember Me?*, no teen has to anymore. Dr. Anema has provided these young people with a book that will help them make the best of even the most straining parental divorces.

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#### **Madeline Cecil:**

Spent a free time to be fun activity to perform! A lot of people spent their free time with their family, or their very own friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try look for book, may be the guide untitled Hey Mom and Dad, Remember Me? can be excellent book to read. May be it may be best activity to you.

#### **Gerald McMullen:**

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