



## Introduction

Chris Taylor is the kind of guy that understands that raising kids is no easy feat – and, sometimes teens and parents need help along the way. From tantrums to drama to serious mental or behavioral issues, Chris’s expertise has helped hundreds of families in the 17 years he’s been a therapist. He’s been featured on TV, radio, and podcasts, sharing tips, tools, and techniques to help teens and families get through the rough stuff and experience more fulfilling relationships and a happier life.

Ladies and gentlemen, please welcome Chris Taylor.