



# My Teenage Zombie: Resurrecting the Undead Adolescent in Your Home

*David L. Henderson*

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**A must-read guide for parents and grandparents who want to practically and successfully help their teenager navigate the ever-lengthening stage of adolescence launching them into society with confidence, vision, and success.**

Zombies are not just found in horror movies, sometimes they're lying on your living room couch. These are undead adolescents whose psychological and social development has come to a screeching halt. Torn by their yearning for freedom and their fear of surviving the outside world, they have stalled in their maturity, motivation, and purpose in life, hijacked by a helplessness and fear of responsibility. Parents often feel ill-equipped to love, support, and guide them—especially when they may be facing a midlife crisis of their own and battling some of the same issues in their own lives. Is it really possible to escape this “undead” state of being?

In *My Teenage Zombie* board-certified psychiatrist and medical doctor David L. Henderson explains the parts of a teenage zombie (their brain, heart, and spirit), how they got into this undead state, and how to resurrect them back to life. Using real-life examples of families he has counseled, he describes both their physical and psychological characteristics and offers practical suggestions on how to deal with, and in many cases avoid, having an undead adolescent in your home.

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