



Dr. Jeffrey Bernstein is a psychologist with over thirty-two years experience specializing in child, adolescent, couples, and family therapy. He completed his post-doctoral internship at the University of Pennsylvania Counseling Center and holds a Ph.D. in Counseling Psychology from the State University of New York at Albany.

He has appeared on the Today Show, Court TV as an expert advisor, CBS eyewitness news Philadelphia, 10! Philadelphia—NBC, and public radio.

Dr. Bernstein has authored six prior books, including *The Anxiety, Depression, & Anger Toolbox for Teens*, *The Stress Survival Guide for Teens*, *Mindfulness for Teen Worry*, *10 Days to a Less Defiant Child*, *10 Days to Less Distracted Child*, *Liking the Child You Love*, and *Why Can't You Read My Mind?* (Perseus Books, 2003). He has also published the *Letting Go of Anger Therapeutic Card Deck*