

## ADOLESCENCE READING LIST

### **For Parents**

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- Ginburg, K (2006) A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings. American Academy of Pediatrics.
- Haffner, D. (2008). What Every 21<sup>st</sup> Century Parent Needs To Know. Newmarket. (sexuality)
- Harris, R. It's Perfectly Normal. Candlewick. (sexuality)
- Hersch, P. (1998). A Tribe Apart: A Journey Into The Heart of American Adolescence. Fawcett.
- Hines, T. (1999). The Rise and Fall of the American Teenager. Avon Books.
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- Pipher, Mary. (1994). Reviving Ophelia: Saving the Selves of Adolescent Girls. NY: Ballantine Books.
- Riera, M. Uncommon Sense for Parents with Teenagers.
- Roffman, Deborah. (2001) Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex. Perseus.
- Sachs, Brad. (2005). The Good Enough Teen: Raising Adolescents with Love and Acceptance(Despite How Impossible They Can Be). NY: Perennial Currents/HarperCollins.
- Shaffer, S. & Gordon, L. (2000). Why Boys Don't Talk and Why We Care: A Mother's Guide To Connection. Mid-Atlantic Equity Consortium.
- Shandler, N. (2001). Ophelia's Mom: Loving and Letting Go Of Your Adolescent Daughter. NY: Three Rivers Press.
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- Tannen, D. (2006). You're Wearing That? Understanding Mothers and Daughters in Conversation. NY: Random House.
- Thompson, M. (2005). The Pressured Child: Helping Your Child Find Success in School And Life. Ballantine.
- Van Munching, Philip. (2005). Boys Will Put You on a Pedestal (So They Can Look Up Your Skirt): A Dad's Advice for Daughters. Simon & Schuster.
- Ward, Janie. (2000). The Skin We're In- Teaching Our Children To Be: Emotionally Strong, Socially Smart, Spiritually Connected. NY: The Free Press.
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