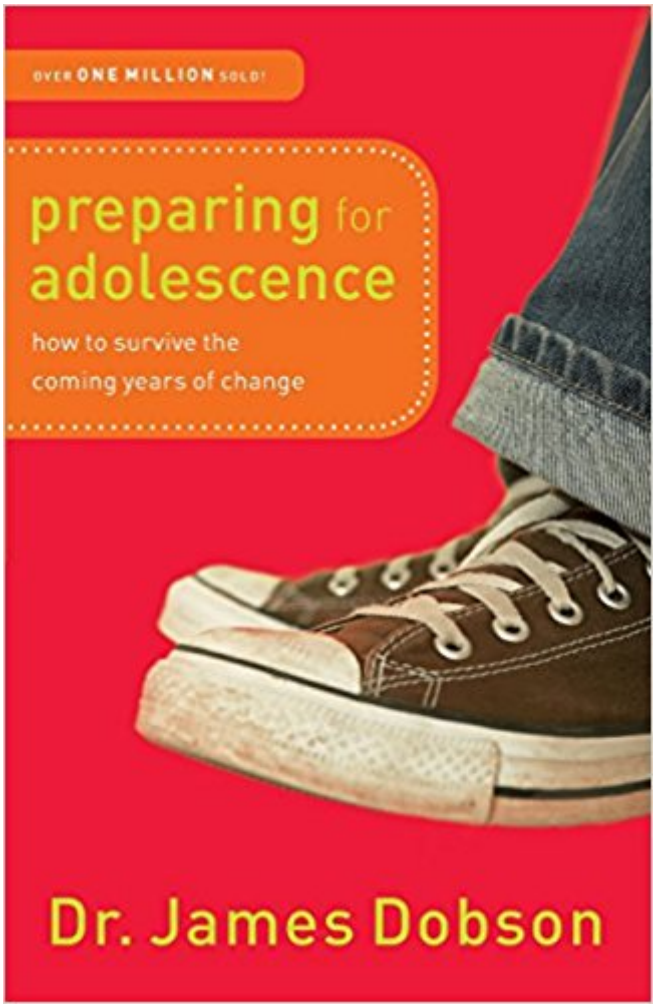
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Preparing For Adolescence: How To Survive The Coming Years Of Change



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Synopsis

What do you say to an adolescent who's getting ready to enter those turbulent teenage years? Dr. James Dobson, one of America's leading family psychologists, knows how to speak directly and sincerely to today's adolescents about the topics that trouble them most. Topics include avoiding feelings of inferiority, handling peer pressure, drug abuse, puberty, sexual development, menstruation, masturbation, romantic love, overcoming discouragement, sound decision-making, and handling independence.

Book Information

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Average Customer Review: 4.3 out of 5 stars 92 customer reviews

Best Sellers Rank: #71,045 in Books (See Top 100 in Books) #69 inÃ Â Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology #229 inÃ Â Books > Christian Books & Bibles > Christian Living > Family #1125 inÃ Â Books > Self-Help > Motivational

Customer Reviews

Dr. James Dobson is the founder of Family Talk, a nonprofit organization that produces his radio program, Dr. James Dobson's Family Talk. He has an earned PhD from the University of Southern California, and is the author of more than fifty books dedicated to the preservation of the family. Dr. Dobson served as an associate clinical professor of pediatrics at the University of Southern California School of Medicine for 14 years. He is married to Shirley and they have two grown children, Danae and Ryan, and two grandchildren.

I think that this book is a must have in order to navigate smoothly through puberty. I read it as a family to my 17 yo, 13 yo. and 9 yo. All three children have plenty to discuss. Its recommendations are helping my 13 yo have a much more optimistic attitude and better self esteem. It thoroughly explains why teens can feel inferior and withdraw or become aggressive, and it offers great advice on how to deal with teen emotions and feelings of inferiority and how to gain self confidence. It is

very empowering.

I did this study when I was a kid - going into my teen years. I did a study on it with my church and my parents - it was really helpful to me. Now, my own son is ten, and he and I are going over all the material. It is a great way to introduce your teens-to-be to the concepts, challenges, and rewards of growing older. It's more than a discussion about sex - it deals with all the craziness of the teen years. You should have the talk you're your child before someone else does. This book will help you do it in a Biblical and common sense approach. Highly recommend. I know that not everyone agrees with everything that comes from Focus on the Family and Dr. James Dobson; however, this book is pretty straightforward. The most important thing is that YOU guide the conversation with your childe. This book serves as a great starting point.

Read this when I was a teen and I wonder if there was something new after all these years. But didn't find other good options. When I reread it over the summer with my 12 year old son, I found the book and message is still relevant! A great book to discuss with your preteen or teen kid.

very helpful

It's James Dobson..... his wisdom, insight, and humor will guide through those turbulent years called the teenage years! Bought this years ago, this is a gift

This book addresses many issues that are coming up now as my daughter is growing up and I've applied some of Dr. Dobson's recommendations with much success! I've been able to talk about some of the issues my 12 year old daughter is now facing with her with greater confidence and ease. I highly recommend this book!

This information does not get old. It is as relevant today as it was when originally written. It has been updated. I've asked my grandchildren to get to page 30 before they decide they 'know it all'.

Although revised, still somewhat dated in references and illustrations used to make Dobson's points, a good, easy-to-read 'instruction book' for both parents and youth. Best read together by parent and child or, if read separately, discussion of each chapter before going on to the next.

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