



Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood

Lisa Damour

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NEW YORK TIMES BESTSELLER • Lisa Damour, Ph.D., director of the internationally renowned Laurel School's Center for Research on Girls, pulls back the curtain on the teenage years and shows why your daughter's erratic and confusing behavior is actually healthy, necessary, and natural. *Untangled* explains what's going on, prepares parents for what's to come, and lets them know when it's time to worry.

In this sane, highly engaging, and informed guide for parents of daughters, Dr. Damour draws on decades of experience and the latest research to reveal the seven distinct—and absolutely normal—developmental transitions that turn girls into grown-ups, including Parting with Childhood, Contending with Adult Authority, Entering the Romantic World, and Caring for Herself. Providing realistic scenarios and welcome advice on how to engage daughters in smart, constructive ways, *Untangled* gives parents a broad framework for understanding their daughters while addressing their most common questions, including

- My thirteen-year-old rolls her eyes when I try to talk to her, and only does it more when I get angry with her about it. How should I respond?
- Do I tell my teen daughter that I'm checking her phone?
- My daughter suffers from test anxiety. What can I do to help her?
- Where's the line between healthy eating and having an eating disorder?
- My teenage daughter wants to know why I'm against pot when it's legal in some states. What should I say?
- My daughter's friend is cutting herself. Do I call the girl's mother to let her know?

Perhaps most important, *Untangled* helps mothers and fathers understand, connect, and grow with their daughters. When parents know what makes their daughter tick, they can embrace and enjoy the challenge of raising a healthy, happy young woman.

Praise for *Untangled*

“Finally, there's some good news for puzzled parents of adolescent girls, and psychologist Lisa Damour is the bearer of that happy news. [*Untangled*] is the most down-to-earth, readable parenting book I've come across in a long time.”—*The Washington Post*

“Anna Freud wrote in 1958, ‘There are few situations in life which are more difficult to cope with than an adolescent son or daughter during the attempt to liberate themselves.’ In the intervening decades, the transition doesn't appear to have gotten any easier which makes *Untangled* such a welcome new resource.”—*The Boston Globe*

“Damour offers a hopeful, helpful new way for parents to talk about—and with—teenage girls. . . . Parents will want this book on their shelves, next to established classics of the genre.”—*Publishers Weekly*

“For years people have been asking me for the ‘girl equivalent of *Raising Cain*,’ and I haven't known exactly what to recommend. Now I do.”—**Michael Thompson, Ph.D., co-author of *Raising Cain***

“An essential guide to understanding and supporting girls throughout their development. It’s obvious that Dr. Damour ‘gets’ girls and understands the best way for any adult to help them navigate the common yet difficult challenges so many girls face.”—**Rosalind Wiseman, author of *Queen Bees & Wannabes***

“A gem. From the moment I read the last page I’ve been recommending it to my clients (including those with sons!) and colleagues, and using it as a refreshing guide in my own work with teenagers and their parents.”—**Wendy Mogel, Ph.D., author of *The Blessing of a Skinned Knee***

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Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood can be one of your basic books that are good idea. We recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to set every word into satisfaction arrangement in writing Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood but doesn't forget the main place, giving the reader the hottest in addition to based confirm resource information that maybe you can be among it. This great information may drawn you into completely new stage of crucial considering.

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