

## Raising Cain Protecting The Emotional Life Of Boys Dan Kindlon

From the New York Times bestselling co-author of Raising Cain, *It's a Boy!* is the first major parenting book to chart every stage of a boy's life. This upbeat, authoritative, and reassuring guide—written by psychologist Michael Thompson, Ph.D., a leading international expert on boys' development, and journalist Teresa H. Barker—shows how a boy's inner life progresses through infancy, childhood, and adolescence. What do boys actually need? How exactly does a healthy boy look and act? *It's a Boy!* has the answers, providing expert advice on the developmental, psychological, social, and academic life of boys from infancy through the teen years. Exploring the many ways in which boys strive for masculinity and attempt to define themselves, Dr. Thompson identifies the key developmental transitions that mark a boy's psychological growth and emotional health, and the challenges both boys and parents face at each age. • Expecting a Boy: how our deeply held hopes, fears, and family histories shape our expectations of boys and our parenting techniques • Baby Boys (birth to 18 months): falling in love with your son, healthy attachment, trust, and temperament • Toddler Years (18 months to 3 years): boys on the go, bold steps, blankies, budding language, and rambunctious physicality • Powerful Little Boys (ages 3 and 4): superhero ambitions, penis play and potty talk, learning to manage the force of his anger, and celebrating the power of the boy group • Starting School (ages 5 through 7): developmental cues for school readiness, transitional challenges, girl cooties and boys-only play, tough talk, tender hearts, and first friends • Boys on a Mission (ages 8 through 10): striving for mastery in sports, screen games, and boy society, organizing the boy brain for school success, and glaring academic gender gaps • The Preteen (ages 11 through 13): puberty, posturing and popularity, the culture of cruelty, hidden sensitivity, and stoic silence in the middle school years • Early High School (ages 14 and 15): the secret life of boys, powerful peer groups, sexuality, school strategies, the shift away from Mom (she knows too much), and yearning for Dad's respect and attention • On the Brink of Manhood (ages 16 through 18): the quest for independence, sex, love, driving, drinking, and other choices and challenges of life Practical, insightful, wonderfully engaging, and filled with instructive true stories any parent of a son will recognize, *It's a Boy!* is the definitive guide to raising boys in today's world, revealing with humor, compassion, and joy all the infinite varieties of boys and the deep and profound ways in which we love them.

Selected by Publishers Weekly as one of the Best Books of 1999, *The Good Son* is the definitive guide to the moral and emotional development of our boys and young men. Within its pages, Michael Gurian widely credited as the founder of today's "boys movement" takes readers through a complete parenting program, showing how to instill virtues in boys at each stage of life. For parents and teachers who fear that our child-rearing systems have lost much of their ethical underpinnings and that our boys are becoming emotionally closed-off, *The Good Son* serves as a welcome guidepost. It is one of today's premier books on parenting and male development.

*The Strange Death of Europe* is the internationally bestselling account of a continent and a culture caught in the act of suicide, now updated with new material taking in developments since it was first published to huge acclaim. These include rapid changes in the dynamics of global politics, world leadership and terror attacks across Europe. Douglas Murray travels across Europe to examine first-hand how mass immigration, cultivated self-distrust and delusion have contributed to a continent in the grips of its own demise. From the shores of Lampedusa to migrant camps in Greece, from Cologne to London, he looks critically at the factors that have come together to make Europeans unable to argue for themselves and incapable of resisting their alteration as a society. Murray's "tremendous and shattering" book (*The Times*) addresses the disappointing failures of multiculturalism, Angela Merkel's U-turn on migration, the lack of repatriation and the Western fixation on guilt, uncovering the malaise at the very heart of the European culture. His conclusion is bleak, but the predictions not irrevocable. As Murray argues, this may be our last chance to change the outcome, before it's too late.

My eight-year-old son is the only boy in his class who doesn't have a Gameboy. I don't want him to be ostracized for not having one, but I worry that it's addictive. What do you think? Our two sons are eleven and fourteen, and they are fiercely competitive. The tension around our house is awful. How can we help them get along better? We've worked very hard to keep our ten-year-old son in touch with his feelings. Sometimes it seems as if we've put him at a disadvantage, surrounded by tougher boys who can be pretty cruel with teasing. How can we help him protect himself when other boys start to tease? With his bestselling book *Raising Cain*, Michael Thompson, Ph.D., at last broke the silence surrounding the emotional life of boys and spearheaded an important national debate. His warmth and humor quickly made him a popular and respected international speaker and consultant. Now he directs his authority, insight, and eloquence to answering your questions about raising a son. With candid questions and thoughtful, detailed responses, *Speaking of Boys* covers hot-button topics such as peer pressure, ADHD/ADD, and body image as well as traditional issues such as friendship, divorce, and college and career development. This perceptive, informative, and passionate book will leave you not only with useful, practical advice but also with the comforting knowledge that other parents share the same concerns you do when it comes to raising our boys into well-adjusted, responsible men.

*Intelligence That Comes from the Heart* Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. *Raising an Emotionally Intelligent Child* is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. *Raising an Emotionally Intelligent Child* will equip parents with a five-step "emotion coaching" process that teaches how to: \* Be aware of a child's emotions \* Recognize emotional expression as an opportunity for intimacy and teaching \* Listen empathetically and validate a child's feelings \* Label emotions in words a child can understand \* Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation Written for parents of children of all ages, *Raising an Emotionally Intelligent Child* will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

Step into picture-perfect Wilshire, home to some of the most privileged people in the world, where one woman's desperate act could bring the precariously balanced social order crashing down... Wilshire, Connecticut, the gilded enclave of Manhattan's prosperous elite, appears to be a vision of suburban tranquility: the mansions are tastefully designed, the lawns are expertly manicured, and the streets are as hushed as the complexities in the residents' lives. While Wilshire's husbands battle each other in the financial world, their wives manage their estates and raise the next elite generation. Some women are envied, some respected, and others simply tolerated. But regardless of where they stand, each woman is defined by the world she inhabits and bound by the unyielding social structure that surrounds her. Rosalyn Barlow, the most envied woman in Wilshire, is waging a battle of social manipulation to silence the scandalous gossip that threatens her daughter's reputation while her self-made billionaire husband grows more and more distant in his young retirement. But for fourteen year-old Caitlin Barlow, navigating life as a teenager in a culture of wealth and sexual promiscuity has become far more perilous than either of her parents knows. Newcomer Sarah Livingston has nothing but disdain for everyone and everything around her and a growing terror at having another child in a world she's come to resent. As she is pulled into the Barlow family's storm, the walls begin to close in around her marriage and the life she once thought she wanted. And for Jacqueline Halstead, who's just discovered her husband is under investigation for fraud surrounding his hedge fund, saving her family from total ruin means doing the unthinkable - and shaking the Barlow family, Wilshire's insular community, and herself to the core.

The stunning success of *Reviving Ophelia*, Mary Pipher's landmark book, showed a true and pressing need to address the emotional lives of girls. Now, finally, here is the book that answers our equally

## Where To Download Raising Cain Protecting The Emotional Life Of Boys Dan Kindlon

timely and critical need to understand our boys. In *Raising Cain*, Dan Kindlon, Ph.D., and Michael Thompson, Ph.D., two of the country's leading child psychologists, share what they have learned in more than thirty-five years of combined experience working with boys and their families. They reveal a nation of boys who are hurting—sad, afraid, angry, and silent. Statistics point to an alarming number of young boys at high risk for suicide, alcohol and drug abuse, violence and loneliness. Kindlon and Thompson set out to answer this basic, crucial question: What do boys need that they're not getting? They illuminate the forces that threaten our boys, teaching them to believe that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy biology," and "testosterone," Kindlon and Thompson shed light on the destructive emotional training our boys receive—the emotional miseducation of boys. Through moving case studies and cutting-edge research, *Raising Cain* paints a portrait of boys systematically steered away from their emotional lives by adults and the peer "culture of cruelty"—boys who receive little encouragement to develop qualities such as compassion, sensitivity, and warmth. The good news is that this doesn't have to happen. There is much we can do to prevent it. Kindlon and Thompson make a compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy—giving them the vital connections and support they need to navigate the social pressures of youth. Powerfully written and deeply felt, *Raising Cain* will forever change the way we see our sons and will transform the way we help them to become happy and fulfilled young men.

The author of *Queen Bees and Wannabees* decodes the inner lives of boys to reveal how parents can forge stronger connections with their sons, explaining how boys are more likely to hide their feelings and resist adult support.

In this "superwonderrific" New York Times bestseller (Jerry Spinelli), two bullied middle-school boys finally fight back with the power of funny. David and his best friend Michael were tagged with awful nicknames way back in preschool when everyone did silly things. Fast-forward to seventh grade: "Pottymouth" and "Stoopid" are still stuck with the names -- and everyone in school, including the teachers and their principal, believe the labels are true. So how do they go about changing everyone's minds? By turning their misery into megastardom on TV, of course! And this important story delivers more than just laughs -- it shows that the worst bullying isn't always physical . . . and that things will get better. A great conversation starter for parents to read alongside their kids! Official Notice to Parents: There is no actual pottymouthing or stupidity in this entire book!(Psst, kids: that second part might not be entirely true.)

"Clinical psychologist Price offers one of the most significant books of the year in this new look at an old problem--the underperforming teenage boy... Price's book brings an important voice to a much needed conversation." --Library Journal (Starred review) On the surface, capable teenage boys may look lazy. But dig a little deeper, writes child psychologist Adam Price in *He's Not Lazy*, and you'll often find conflicted boys who want to do well in middle and high school but are afraid to fail, and so do not try. This book can help you become an ally with your son, as he discovers greater self-confidence and accepts responsibility for his future.

A parents' guide to raising boys offers practical steps for channeling boys' energy without accepting antisocial behavior, including advice on what parents, mentors, schools, and communities should do. Reprint. 25,000 first printing.

A child psychologist draws on research and real-life case studies to offer advice on how to prepare children for the possibility of such horrific events as September 11th and the challenges of a volatile world. The push for students to excel at school and get into the best colleges has never been more intense. In this invaluable new book, the bestselling co-author of *Raising Cain* addresses America's performance-driven obsession with the accomplishments of its kids—and provides a deeply humane response. "How was school?" These three words contain a world of desire on the part of parents to know what their children are learning and experiencing in school each day. Children may not divulge much, but psychologist Michael Thompson suggests that the answers are there if we know how to read the clues and—equally important—if we remember our own school days. School, Thompson reminds us, occupies more waking hours than kids spend at home; and school is full not just of studies but of human emotion—excitement, fear, envy, love, anger, sexuality, boredom, competitiveness. Through richly detailed interviews, case histories, and student e-mail journals, including those of his own children, Thompson illuminates the deeper psychological journey that school demands, a journey that all children must take in order to grow and develop, whether they are academic aces or borderline dropouts. Most of us remember this journey, if we are honest with ourselves, but our children must experience it in their own way, for better or worse. In stories that are by turns poignant, shocking, uplifting, and inspiring, we see students grapple with the textured reality of their lives, devising their own unique strategies to survive and thrive in school. For parents, this book reveals the hidden emotional landscape of the school day and points toward the answers we both desire and dread as we seek to help our children find success in school and beyond. Bridging the worlds of the growing and the grown-up, and told in Thompson's compassionate voice as both psychologist and father, *The Pressured Child* shows us how to listen for the truth of our children's experience—and how to trust, love, and ultimately let go of a child. It is a crucial book for our stressful age—and an ideal resource for families struggling to survive it.

The problem isn't with boys, it's with our expectations of them In a book that's part advice and part exposé, psychologist and expert on boyhood development Dr. Anthony Rao challenges some of the potentially harmful assumptions, attitudes, and behaviors we've developed toward young boyhood over the last few decades. This is not an indictment of medication therapies—in some important instances, Dr. Rao argues that medication is appropriate and necessary. Rather, *The Way of Boys* is a celebration of natural, constructive boyhood development and an expert, definitive handbook on what to look for and expect in normal growth. Ask yourself these questions: Is his behavior serious enough to interfere with functioning? Does it keep him from sleeping, eating, attending school, or staying safe? Does it persist over a few weeks or more? Does it show itself more than a few isolated times per day? Does it happen in different settings? Has it been reported by different people? If your answer is yes to any of these, your son may have symptoms that need further assessment by a pediatrician or other qualified developmental specialist. But a yes answer doesn't mean your son has a lifelong disorder or that the first line of defense is medication. Boys are being bombarded with a slew of diagnoses—ADHD, Asperger's, bipolar disorder—at an alarming rate and at younger ages. *The Way of Boys* urges parents, educators, pediatricians, psychologists, and other developmental experts to reevaluate and significantly change how we deal with our youngest boys. It's time we stopped trying to "fix" young boys. When parents understand the wide spectrum for normal boy development, they can successfully communicate with their son—and everyone in their son's life—and help him grow into a healthy, smart, strong man.

Parenting isn't easy. Showing up is. Your greatest impact begins right where you are. Now the bestselling authors of *The Whole-Brain Child* and *No-Drama Discipline* explain what this means over the course of childhood. "There is parenting magic in this book."--Michael Thompson, Ph.D., co-author of the New York Times bestselling classic *Raising Cain* One of the very best scientific predictors for how any child turns out--in terms of happiness, academic success, leadership skills, and meaningful relationships--is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as bestselling authors Daniel Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development. Every child needs to feel what Siegel and Bryson call the Four S's: \* Safe: We can't always insulate a child from injury or avoid doing something that leads to hurt feelings. But when we give a child a sense of safe harbor, she will be

able to take the needed risks for growth and change. \* Seen: Truly seeing a child means we pay attention to his emotions--both positive and negative--and strive to attune to what's happening in his mind beneath his behavior. \* Soothed: Soothing isn't about providing a life of ease; it's about teaching your child how to cope when life gets hard, and showing him that you'll be there with him along the way. A soothed child knows that he'll never have to suffer alone. \* Secure: When a child knows she can count on you, time and again, to show up--when you reliably provide safety, focus on seeing her, and soothe her in times of need, she will trust in a feeling of secure attachment. And thrive! Based on the latest brain and attachment research, *The Power of Showing Up* shares stories, scripts, simple strategies, illustrations, and tips for honoring the Four S's effectively in all kinds of situations--when our kids are struggling or when they are enjoying success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we don't show up for them. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape.

A friendly and practical guide to the stages and issues in boys' development from birth to manhood. From award-winning psychologist Steve Biddulph comes an expanded and updated edition of *RAISING BOYS*, his international best seller published in 14 countries. His complete guide for parents, educators, and relatives includes chapters on testosterone, sports, and how boys' and girls' brains differ. With gentle humor and proven wisdom, *RAISING BOYS* focuses on boys' unique developmental needs to help them be happy and healthy at every stage of life.

In this groundbreaking memoir, an award-winning mentor explores the emotional risks and rewards of being a gay man mentoring a Latino boy. "Growing up Twice is surprisingly funny, melancholy and hopeful. Aaron Douglas has a novelist's eye for small but telling details, and his insight into the messy task of being a human being is impressive. More than a memoir, it's a guided tour of two Americas barely covered by the so-called mainstream." -- Frank M. Young, Award-winning author, artist and musician "This story made me want to call everyone I love and somehow make them understand what this book made me understand: that our relationships of love transcend everything else." -- Jennifer Brandlon, former AP Newswoman and Correspondent, *The Oregonian* "Written in a contemporary American voice that's clear, easy to read, and engaging." -- Arthur Manzi, Writer/Editor

A lighthearted but insightful guide to raising adolescent children shows parents how to deal with teenagers living in a faster-paced, less morally certain world than the one they knew. Original. 50,000 first printing.

The most popular book ever about raising boys is back, significantly updated to help raise sons in a world that offers gender equality, respect and a whole new kind of man, but is still haunted by toxic masculinity. You'll find cutting-edge science about the 'physical fours', the 'emotional eights' and how puberty can be turned into a positive time, along with hundreds of other practical tips for raising a son. No two boys are alike, and you have to get to know our own unique boy. The idea that 'if we understand them, we can help them' is what has made this book so well loved and trusted in over a million homes. As one of Australia's best-known psychologists for almost 30 years, Steve has introduced a generation of fathers into hands-on engagement with kids, and helped thousands of mothers gain confidence in their ability to raise sons well. He has worked with schools in 17 countries, and 130,000 parents have heard his unforgettable live talks. 'Biddulph is electrifying' -Telegraph 'Biddulph is a spellbinder' – 60 Minutes

Offers advice and guidance to parents and educators on how to cope with boys at risk and introduces a program designed to give boys an essential emotional education.

Every father has a hidden longing to see his children surpass him. To help him achieve this, Ken Canfield offers a three-part plan. First, a dad should examine his own heart. Next, he should take steps to improve the way he connects with his children. Lastly, he should take a longer range view and plan specifically for a lifetime of involved fathering. Canfield's plan addresses a father's past—a father should resolve his relationship with his own father in order to effectively build a relationship with his children. Canfield also explains how to build the four "walls" or dimensions, of fathering: involvement, awareness, consistency, and nurturing. He then supplies a plan for the future. From being a new father to being a grandfather, dads face challenges at each stage of their life. With the long-range perspective this book provides, fathers can anticipate and prepare for the changing situations they'll face. Based on years of careful research involving thousands of fathers, this book is a solid reference tool for dads.

*The Way of Boys* by renowned psychologist Dr. Anthony Rao is an important wake-up call to the dangers of over-medicating our male children and our current tendency to treat their active boyhood as an illness. Dr. Rao raises a much-needed alarm in this essential volume that belongs in every parent's collection alongside *Raising Cain* by Michael Thompson. In these times when many parents, concerned about ADHD, Asperger's Syndrome, and bipolar disorder, may be dangerously misinterpreting their young sons' healthy, normal development process, *The Way of Boys* is must reading.

At a time when many boys are in crisis, a much-needed roadmap for helping boys grow into strong and compassionate men Over the past two decades there has been an explosion of new studies that have expanded our knowledge of how boys think and feel. In *How to Raise a Boy*, psychologist Michael Reichert draws on his decades of research to challenge age-old conventions about how boys become men. Reichert explains how the paradigms about boys needing to be stoic and "man like" can actually cause them to shut down, leading to anger, isolation, and disrespectful or even destructive behaviors. The key to changing the culture lies in how parents, educators, and mentors help boys develop socially and emotionally. Reichert offers readers step-by-step guidance in doing just this by:

- Listening and observing, without judgment, so that boys know they're being heard.
- Helping them develop strong connections with teachers, coaches, and other role models
- Encouraging them to talk about their feelings about the opposite sex and stressing the importance of respecting women
- Letting them know that they don't have to "be a man" or "suck it up," when they are experiencing physical or emotional pain.

Featuring the latest insights from psychology and neuroscience, *How to Raise a Boy* will help those who care for young boys and teenagers build a boyhood that will enable them to grow into confident, accomplished and kind men.

New York Times Bestseller "Julie Lythcott-Haims is a national treasure. . . . A must-read for every parent who senses that there is a healthier and saner way to raise our children." -Madeline Levine, author of the New York Times bestsellers *The Price of Privilege* and *Teach Your Children Well* "For parents who want to foster hearty self-reliance instead of hollow self-esteem, *How to Raise an Adult* is the right book at the right time." -Daniel H. Pink, author of the New York Times bestsellers *Drive* and *A Whole New Mind* A provocative manifesto that exposes the harms of helicopter parenting and sets forth an alternate philosophy for raising preteens and teens to self-sufficient young adulthood In *How to Raise an Adult*, Julie Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean to highlight the ways in which overparenting harms

children, their stressed-out parents, and society at large. While empathizing with the parental hopes and, especially, fears that lead to overhelping, Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success. Relevant to parents of toddlers as well as of twentysomethings-and of special value to parents of teens-this book is a rallying cry for those who wish to ensure that the next generation can take charge of their own lives with competence and confidence.

From the acclaimed authors of *Best Friends, Worst Enemies*, here is the perfect companion volume: a practical, how-to guide for parents to help their children navigate the sometimes harsh terrain of social life at school, on the playground, and in the neighborhood. Almost everyone agrees (and remembers): Childhood can be a traumatic time. Kids frequently face peer rejection, name-calling, bullying, after-school fights, esteem-crushing cliques, and malicious exclusion by the popular kids. And parents often feel powerless to console their children. Now help is here. *Mom, They're Teasing Me* is a specific, hands-on guide for concerned parents who want to give their children the tools they need to cope with social cruelty. Through vividly written case studies and a reader-friendly question-and-answer format, this compelling book shows parents what a child may confront with other children, and then offers concrete advice on handling each situation. *Mom, They're Teasing Me* deals in-depth with specific aspects of social cruelty: the four major types of children at risk for social isolation and their unique problems; the ordinary pain of those children not at risk—but who, nevertheless, cause their parents concern; and bad class dynamics in the school and neighborhood. Through thoughtful discussion and insightful suggestions, parents will discover

- The difference between real risk and normal social pain
- The appropriate time to intervene—and when to step back
- Tips on how to mediate between children—without appearing meddlesome
- Essential advice for parents who worry too much
- The importance of teaching and encouraging leadership
- The redemptive power of friendship

*Mom, They're Teasing Me* answers key questions on the many manifestations of social cruelty, offers compelling descriptions of prime “teasing” scenarios, and illustrates how to counter them. It is an indispensable book for every involved parent who wants to make their child's formative years rich and rewarding.

Raising Cain Protecting the Emotional Life of Boys Ballantine Books

Counsels mothers on how to promote health and success in boys, sharing related advice on rebuilding positive mother-son bonds.

At least once a year, around the time of examination results, the papers are full of stories of how boys are underachieving in comparison to girls. While arousing the curiosity, and often deeply troubling the parents of boys, the press, and indeed the government, rarely offers more than the 'laddish culture' or 'anti social behaviour' as the root cause. Parents deserve and need to know the full range of reasons why boys are underachieving and, fundamentally, what they can do to help prevent disaffection and underachievement in their boys. This highly informative and highly practical book contains strong messages about the need to develop independence in boys, the importance of male role models within the close (and extended) family and what to look out for in school, including signs of peer pressure and limiting negative self beliefs. It gives advice on how best to support boys in their learning and in developing self esteem.

Adolescence is indisputably a turbulent time for both boys and girls. But statistics show that there is an overwhelming number of troubled boys - at high risk for depression and suicide, drug and alcohol abuse, violence and loneliness. What do boys need that they're not getting? In this ground-breaking book, leading child psychologists Dan Kindlon and Michael Thompson cut through the glib rhetoric about 'boy biology' to show that there are sure ways for parents to help their sons travel the difficult road to manhood. Their practical and positive solutions to the problems that have plagued parents for years include:

- Talk to boys directly in their own language
- Recognize and accept their high activity levels
- Use discipline to guide and build character, not to punish
- Encourage them to control their anger by talking about their emotions
- Teach boys that there are many ways to be a man

'Clearly and accessibly written, and suggest practical strategies to help parents and teachers' Guardian

Madeline Levine has been a practicing psychologist for twenty-five years, but it was only recently that she began to observe a new breed of unhappy teenager. When a bright, personable fifteen-year-old girl, from a loving and financially comfortable family, came into her office with the word empty carved into her left forearm, Levine was startled. This girl and her message seemed to embody a disturbing pattern Levine had been observing. Her teenage patients were bright, socially skilled, and loved by their affluent parents. But behind a veneer of achievement and charm, many of these teens suffered severe emotional problems. What was going on? Conversations with educators and clinicians across the country as well as meticulous research confirmed Levine's suspicions that something was terribly amiss. Numerous studies show that privileged adolescents are experiencing epidemic rates of depression, anxiety disorders, and substance abuse—rates that are higher than those of any other socioeconomic group of young people in this country. The various elements of a perfect storm—materialism, pressure to achieve, perfectionism, disconnection—are combining to create a crisis in America's culture of affluence. This culture is as unmanageable for parents—mothers in particular—as it is for their children. While many privileged kids project confidence and know how to make a good impression, alarming numbers lack the basic foundation of psychological development: an authentic sense of self. Even parents often miss the signs of significant emotional problems in their "star" children. In this controversial look at privileged families, Levine offers thoughtful, practical advice as she explodes one child-rearing myth after another. With empathy and candor, she identifies parenting practices that are toxic to healthy self-development and that have contributed to epidemic levels of depression, anxiety, and substance abuse in the most unlikely place—the affluent family.

While many adolescents today have all the useful accessories of a prosperous society—cell phones, credit cards, computers, cars—they have few of the responsibilities that build

character. Under intense pressure to be perfect and achieve, they devote little time to an inner life, and a culture that worships instant success makes it hard for them to engage in the slow, careful building of the skills that enhance self-esteem and self-sufficiency. In this powerful and provocative book, Dr. Kindlon delineates how indulged toddlers become indulged teenagers who are at risk for becoming prone to, among other things, excessive self-absorption, depression and anxiety, and lack of self-control. *Too Much of a Good Thing* maps out the ways in which parents can reach out to their children, teach them engagement in meaningful activity, and promote emotional maturity and a sense of self-worth. Dan Kindlon, Ph.D. is a professor of child psychology at Harvard University. He is a frequent contributor to *Child* magazine and is the co-author of *Raising Cain*, a New York Times best-seller. He lives in Boston with his wife and two children.

**#1 New York Times Bestseller** The groundbreaking work that poses one of the most provocative questions of a generation: what is happening to the selves of adolescent girls? As a therapist, Mary Pipher was becoming frustrated with the growing problems among adolescent girls. Why were so many of them turning to therapy in the first place? Why had these lovely and promising human beings fallen prey to depression, eating disorders, suicide attempts, and crushingly low self-esteem? The answer hit a nerve with Pipher, with parents, and with the girls themselves. Crashing and burning in a “developmental Bermuda Triangle,” they were coming of age in a media-saturated culture preoccupied with unrealistic ideals of beauty and images of dehumanized sex, a culture rife with addictions and sexually transmitted diseases. They were losing their resiliency and optimism in a “girl-poisoning” culture that propagated values at odds with those necessary to survive. Told in the brave, fearless, and honest voices of the girls themselves who are emerging from the chaos of adolescence, *Reviving Ophelia* is a call to arms, offering important tactics, empathy, and strength, and urging a change where young hearts can flourish again, and rediscover and reengage their sense of self.

Traditional therapy can often be an off-putting experience for boys as it is in direct opposition to the ways they generally interact and connect with others. This book explores a variety of creative approaches that professionals can use to enhance the clinical experience and better reach their young male clients. Chapters discuss the theory behind and implementation of various creative approaches to therapy with boys, such as play therapy, including sports, movement, and gross-motor activity; animal-assisted therapy; the use of video games and computers; the use of superheroes in role play, metaphor, and play therapy; and art therapy. Attention is also given to methods for working with several subgroups of boys that require specialized treatment approaches, including gender variant and sexual minority boys and boys with ADHD. The first book of its kind, mental health professionals will find this a comprehensive and highly valuable text to help them understand, help, and support boys and their development.

An insightful and powerful look at the magic of summer camp—and why it is so important for children to be away from home . . . if only for a little while. In an age when it's the rare child who walks to school on his own, the thought of sending your “little ones” off to sleep-away camp can be overwhelming—for you and for them. But parents' first instinct—to shelter their offspring above all else—is actually depriving kids of the major developmental milestones that occur through letting them go—and watching them come back transformed. In *Homesick and Happy*, renowned child psychologist Michael Thompson, PhD, shares a strong argument for, and a vital guide to, this brief loosening of ties. A great champion of summer camp, he explains how camp ushers your children into a thrilling world offering an environment that most of us at home cannot: an electronics-free zone, a multigenerational community, meaningful daily rituals like group meals and cabin clean-up, and a place where time simply slows down. In the buggy woods, icy swims, campfire sing-alongs, and daring adventures, children have emotionally significant and character-building experiences; they often grow in ways that surprise even themselves; they make lifelong memories and cherished friends. Thompson shows how children who are away from their parents can be both homesick and happy, scared and successful, anxious and exuberant. When kids go to camp—for a week, a month, or the whole summer—they can experience some of the greatest maturation of their lives, and return more independent, strong, and healthy.

"A must-have for anyone looking to understand the upcoming generation's driven, confident, and successful females."—Publishers Weekly There's a new type of teenage girl growing up in America today and she is going to have a profound and beneficial influence on society. That's the conclusion of Dr. Dan Kindlon, widely respected child and adolescent psychologist. In *Alpha Girls*, the best-selling coauthor of *Raising Cain*, which is hailed for its insights into the psyche of boys, breaks new ground with his startling picture of today's American girl—independent, self-confident, highly motivated . . . and fundamentally different from previous generations. Part of the first generation that is reaping the full benefits of the women's movement, today's American girl is maturing with a new sense of possibility and psychological emancipation. Backing his findings with painstaking research, including questionnaires, profiles, and detailed case studies, Dr. Kindlon offers an in-depth portrait of the alpha girl, a born leader who is ready to explode into adulthood and make her mark on the world and, by her example, serve as an inspiration for women everywhere. "A very insightful and groundbreaking work, blowing modern conceptions of girls out of the water."—Bellaonline.com

Details the complex nature of children's friendships and discusses the difference between friendship and popularity, how boys and girls deal with intimacy and commitments, and related topics.

"If you're raising a boy, you need this brilliant book. It is clear, wise, and eye-opening." --Lisa Damour, Ph.D., author of *Untangled* When boys enter puberty, they tend to get quiet--or at least quieter than before--and parents often misread their signals. Here's how to navigate their retreat and steer them through this confusing passage, by the bestselling author of *The Care and Keeping of You* series and *Guy Stuff: The Body Book for Boys*. What is my son doing behind his constantly closed door? What's with his curt responses, impulsiveness, newfound obsession with gaming, and . . . that funky smell? As pediatrician and mother of two teenagers Cara Natterson explains, puberty starts in boys long before any visible signs appear, and that causes confusion about their changing temperaments for boys and parents alike. Often, they also grow quieter as they grow taller, which leads to less parent-child communication. But, as Natterson warns in *Decoding Boys*, we respect their increasing "need" for privacy, monosyllabic conversations, and alone time at their peril. Explaining how modern culture mixes badly with male adolescent biology, Natterson offers science, strategies, scripts, and tips for getting it right: \* recognizing the first signs of puberty and talking to our sons about the wide range of "normal" through the whole developmental process \* why teenagers make irrational decisions even though they look mature--and how to steer them toward better choices \* managing video game and screen time, including discussing the unrealistic and dangerous nature of pornography \* why boys need emotional and physical contact with parents--and how to give it in ways they'll accept \* how to prepare boys to resist both old and new social pressures--drugs, alcohol, vaping, and sexting \* teaching consent and sensitivity in the #MeToo culture *Decoding Boys* is a powerful and validating lifeline, a book that will help today's parents keep their sons safe, healthy, and resilient, as well as ensure they will become emotionally secure young men. Praise for *Decoding Boys* "Comforting . . . a common-sensical and gently humorous exploration of male puberty's many trials."--Kirkus Reviews

Tools for Identifying and Developing Spiritual, Social, and Emotional Growth From birth to adulthood, our children's physical and intellectual development is carefully tracked and charted. But what about their hearts? After all, how our children develop emotionally, socially, and spiritually will determine who they become as husbands and wives, fathers and mothers, friends and co-workers. *Are My Kids on Track?*

helps you identify and measure 12 key emotional, social, and spiritual milestones in your children's lives. Moreover, you will discover practical ways to guide your kids through any stumbling blocks they might encounter and help them reach the appropriate landmarks. Along the way the authors pinpoint the different ways boys and girls develop, so you can help your child flourish in his or her own way. Filled with decades of experience from three practicing counselors, speakers, and writers, this book provides you with valuable, current research and user-friendly, hands-on practices to make supporting your kids' soul development a seamless part of family life. Don't just raise smart kids--raise courageous, compassionate, resilient, empathetic, and smart kids.

Hurt provided a vivid and insightful view into the world of today's teenagers. Now leading youth ministry expert Chap Clark substantially updates and revises his groundbreaking bestseller (over 55,000 copies sold). Hurt 2.0 features a new chapter on youth at society's margins and new material on social networking and gaming. Each chapter has been thoroughly revised with new research, statistics, quotations, and documentation. Praise for the first edition "Based on solid research and years of insightful observation, Hurt offers a deep and penetrating look into the contemporary adolescent experience that will serve us well as we work to have a prophetic, preventive, and redemptive influence on the world of today's youth culture."--Walt Mueller, Center for Parent/Youth Understanding "A daring yet hopeful glance into the underworld of teen promiscuity, self-mutilation, and suicide. . . . A groundbreaking resource for parents, youth ministers, and counselors."--ForeWord "Clark's classic book [is] highly recommended by youth workers and educators who write about teenage stress. It is foundational reading that provides valuable insight into the hurting hearts of young people."--YouthWorker Journal "Clark has been stepping inside the world of teenagers for many years. This book is a unique invitation for us to join him in their world. When we finish this journey, we will care more about kids and understand who they are and the challenges they face."--Denny Rydberg, Young Life "Drawing together research from many others along with his fresh exploration into the world beneath, Clark paints a compelling picture of adolescent life. . . . This book is a must-read for anyone who has any contact with adolescents."--Journal of Youth Ministry

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