

"The New Adolescence" by Christine Carter is a practical guide for parents, providing science-based solutions to raise happy, healthy, and successful teenagers. Dr. Carter, a renowned sociologist, combines research with personal experiences as a mother of four teens, addressing contemporary challenges in the age of anxiety and distraction.

At a Glance:

Age Range:

The book offers advice for parents of teenagers.

Issues Addressed:

The book tackles challenges faced by teenagers in the modern era, including anxiety and distraction. It draws on the latest findings in neuroscience, sociology, and social psychology to provide insights and solutions.

Skills Developed:

Parents will gain practical guidance on fostering happiness, health, and success in their teenagers. The book aims to help parents develop effective strategies for navigating the complexities of adolescence in today's fast-paced and demanding world.