

"The Emotional Lives of Teenagers" by Lisa Damour, PhD, is a New York Times bestseller that serves as a crucial guide for parents to understand and support their teenagers through the challenging emotional landscape of adolescence. It addresses common issues such as academic pressure, social media stress, and mental health concerns, providing strategies to navigate these challenges and foster healthy emotional development. The book emphasizes the importance of helping teens manage their emotions and offers insights into building strong parent-teen relationships.

At A Glance:

Age Range: The book provides advice for parents of teenagers, generally targeting the age range of 13 to 18 years old.

Specific Issues Addressed: The book addresses a variety of issues, including academic pressure, social media stress, concerns about the future, mental health awareness, managing unwanted or painful emotions, friction at home, spiking anxiety, risky behavior, navigating friendships and romances, and the impact of social media.

Skills Developed: The book aims to help parents develop skills in understanding normal adolescent emotional development, recognizing when to be concerned, supporting teens in managing their emotions, and addressing common challenges of adolescence. It also provides guidance on staying connected with teens and fostering the kind of relationships adolescents need during this transformative journey into adulthood.