

"Untangled" by Lisa Damour, Ph.D., is a New York Times bestselling guide providing insights into the often perplexing behavior of teenage girls. Dr. Damour, drawing on extensive experience and research, explores seven normal developmental transitions in girls, such as Parting with Childhood and Entering the Romantic World. The book offers practical advice on engaging with daughters and addresses common parental concerns, including communication challenges, technology use, test anxiety, and mental health issues.

At A Glance:

Age Range: The book provides advice for parents of teenage girls.

Issues Addressed:

Communication challenges and eye-rolling behavior.

Parental approaches to technology use.

Dealing with test anxiety.

Navigating the line between healthy eating and eating disorders.

Addressing questions about substance use, such as marijuana.

Responding to friends' self-harming behaviors.

Skills Developed:

Understanding the normal developmental transitions in teenage girls.

Engaging with daughters in constructive ways.

Handling communication challenges effectively.

Addressing specific issues like test anxiety and eating disorders.

Navigating complex topics like substance use and self-harm with daughters.