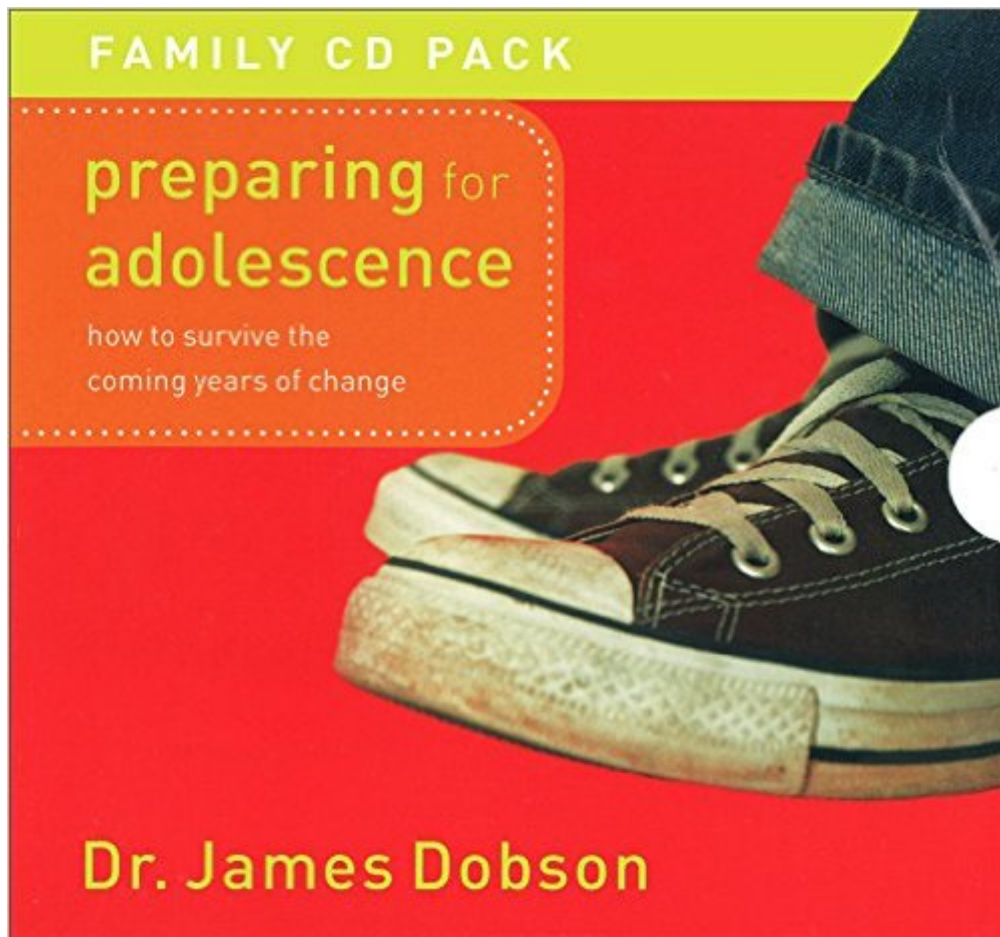


The book was found

Preparing For Adolescence: How To Survive The Coming Years Of Change



Synopsis

What do you say to an adolescent who's getting ready to enter those turbulent teenage years? Dr. James Dobson, one of America's leading family psychologists, knows how to speak directly and sincerely to today's adolescents about the topics that trouble them most. Topics include avoiding feelings of inferiority, handling peer pressure, drug abuse, puberty, sexual development, menstruation, masturbation, romantic love, overcoming discouragement, sound decision-making, and handling independence.

Book Information

Audio CD

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (41 customer reviews)

Best Sellers Rank: #346,101 in Books (See Top 100 in Books) #28 in [Books > Books on CD >](#)

[Health, Mind & Body > Sexuality](#) #254 in [Books > Books on CD > Religion & Spirituality >](#)

[Christianity](#) #565 in [Books > Books on CD > Religion & Spirituality > General](#)

Customer Reviews

I bought this for my oldest son who is 10 (going on 17) This series was recommended to me through Dr Dobson's book, The Strong Willed Child. The C.D.'s have a total of 8 topics (including one introduction for the parents only). We used this as our puberty talk in our 5th grade class. CD 1: Was an overview of how to use the series along with some tips on how to handle and approach the topics. I found this particular CD a little drawn out, but past that the remaining ones were phenomenal. CD 2: Canyon of Inferiority was awesome. I recommend this for every child around the age 9-10. Dr Dobson explains self image, and self worth in a down to earth easy to understand method that appeals to both child and adult. He goes on to explain how this phase in young peoples life can effect their esteem and good tips to prepare for the bumps ahead. I think this was both helpful as a preventative measure as well as a healing balm for those who have ever experienced teasing and bullying among their peers. It covers a topic that isn't often discussed during adolescent years, although it definitely should. If nothing else came in this series this one disc would absolutely

worth the purchase. CD 3: Conformity in Adolescence- This topic covered peer pressure and breaks down the control that wanting to be "excepted" and "fit in" can hold on us. With again great tips on how to navigate the path to come, and a clear easy to listen to format that informs our younger generation of what they can expect, why, and tips to handle it. CD 4: Explanation of Puberty- Was very scientific and technical, Dobson does answer the down and gritty details of Puberty that my son was curious about. It covered all areas: physical, hormonal, and emotional. This topic did go into some great detail.

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