



## Inside Story on Teen Girls (APA Lifetools)

*Karen Zager, Alice Rubenstein*

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*The Inside Story on Teen Girls* reveals expert answers to real questions asked by parents and teen girls. Readers will find the wonderful collection of questions and answers to be like having a personal confidant or private therapist who they can ask anything and everything they have ever wanted to know about being a teenager or being a parent.

In separate sections, parents and teen girls will find useful tips and practical suggestions for better communication and greater understanding of each other, plus ways to reconnect with other family members and strengthen their sense of self. But mostly, parents and teen girls will learn ways to value and appreciate this exceptional and exciting phase everyone goes through to grow up.

*The Inside Story on Teen Girls* grew out of a survey of parents and teens with diverse backgrounds across the country. The result is this book that directly helps teen girls and their parents, and it might just help you!

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