
Recommended Readings for Parents

Traversing the years of adolescence is always challenging for those entering the realm of young adulthood. This journey, however, is not limited to teenagers. Parents, whether willingly or not, are also forced to cross this rather rickety bridge from childhood to adulthood right alongside their children. These sometimes tumultuous years are often guided by two burning questions to which fledgling adolescents and their parents are seeking answers: “Who am I?” and “Am I going to be okay on my own?” The success of this journey is intricately tied to parental guidance.

Listed below are several “guidebooks” to assist parents of burgeoning adolescents. While there are many available on the market, these are a few which we at IPA have found to be instrumental in understanding the adolescent:

With Boys in Mind:

Raising Cain: Protecting the Emotional Lives of Boys

By Dan Kindlon & Michael Thompson, PhD.

The Wonder of Boys

By Michael Gurian

The Minds of Boys: Saving Our Sons From Falling Behind in School and in Life

By Michael Gurian & Kathy Stevens

Real Boys: Rescuing Our Sons from the Myths of Boyhood

By William Pollack

Real Boys' Voices

By William S. Pollack & Todd Schuster

With Girls in Mind:

Stressed-out Girls: Helping Them Thrive in the Age of Pressure

By Roni Cohen-Sandler

Reviving Ophelia: Saving the Selves of Adolescent Girls

By Mary Pipher, PhD.

Girl in the Mirror: Mothers & Daughters in the Years of Adolescence

By Nancy L. Snyderman & Peg Streep

Odd Girl Out: The Hidden Culture of Aggression in Girls

By Rachel Simmons

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence

By Rosalind Wiseman

For Both Boys and Girls

Boys and Girls Learn Differently!

By Michael Gurian

Secrets of the Teenage Brain: Research-Based Strategies for Reaching & Teaching Today's Adolescents

By Sheryl G. Feinstein

Generation MySpace: Helping Your Teen Survive Online Adolescence

By Candice M. Kelsey

Children and Resilience

Raising Resilient Children

By Robert Brooks, PhD., and Sam Goldstein, PhD.

Nurturing Resilience In Our Children

By Robert Brooks, PhD., and Sam Goldstein, PhD.

Raising a Self-Disciplined Child

By Robert Brooks, PhD., and Sam Goldstein, PhD.

A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings

By Kenneth R. Ginsburg, MD.

Nurture the Nature

By Michael Gurian

Emotional Intelligence: Why It Can Matter More Than IQ

By Daniel Goleman

Mindset: The New Psychology of Success

By Carol S. Dweck, Ph.D.

The Unmotivated Child: Helping Your Underachiever Become a Successful Student

By Natalie Rathvon

Cliques: 8 Steps to Help Your Child Survive the Social Jungle

By Charlene C. Giannetti and Margaret Sagarese

Understanding Why Education Must Be Different Than When We Went to School

The World Is Flat: A Brief History of the Twenty-First Century

By Thomas L. Friedman

A Whole New Mind: Why Right-Brainers Will Rule the Future

By Daniel H. Pink

Free Agent Nation: The Future of Working for Yourself

By Daniel H. Pink
