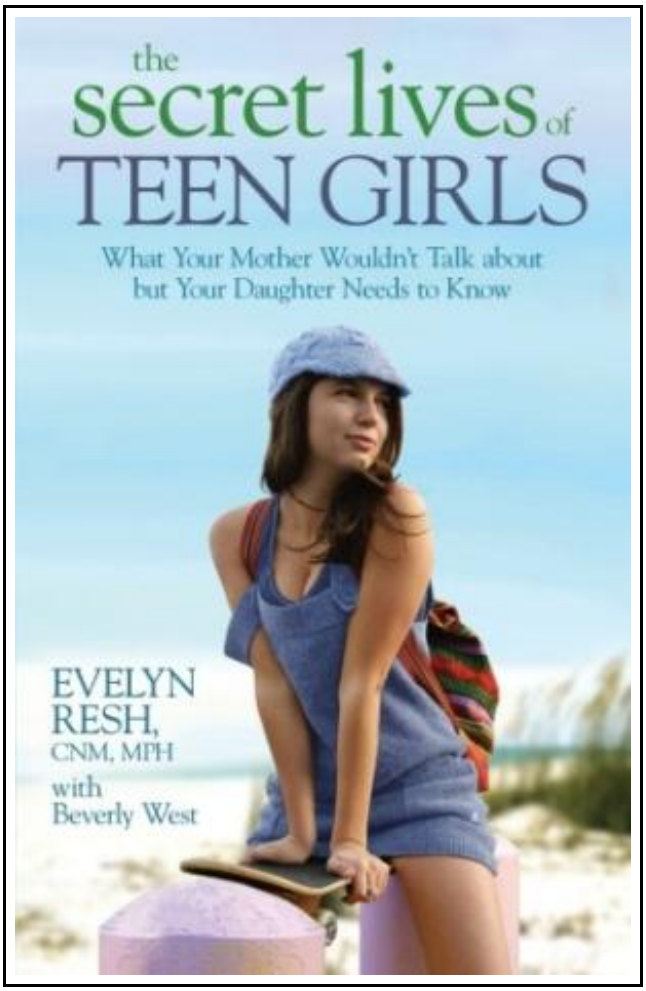
The Secret Lives of Teen Girls: What Your Mother Wouldn't Talk About but Your Daughter Needs to Know



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THE SECRET LIVES OF TEEN GIRLS: WHAT YOUR MOTHER WOULDN'T TALK ABOUT BUT YOUR DAUGHTER NEEDS TO KNOW

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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, The Secret Lives of Teen Girls: What Your Mother Wouldn't Talk About but Your Daughter Needs to Know, Evelyn Resh, In The Secret Lives of Teen Girls, Evelyn Resh, the mother of a teenage daughter and a certified nurse-midwife specializing in the treatment of teenage girls, explores the mysterious world of female, adolescent sexuality and how parents - especially mothers - can help their daughters through this tumultuous time. Secrets divulged by teenage girls during consultation have made Resh realize that most adolescents are left to develop a sexual identity without any adult guidance and often without the most basic knowledge of what is happening to them physically and emotionally. She also realised that many girls are frequently subject to criticism and shaming about their normal, adolescent behaviour. Resh believes these issues are what underlie many of the problems teens face during this crucial step into becoming a fully developed adult woman capable of making good, sound, safe, and independent decisions throughout life. Through compelling, frank, and sometimes humorous stories from both Resh and her patients, The Secret Lives of Teenage Girls explains to parents just want is going on with their teenage daughters during this essential phase of their development. She discusses many of the complicated problems she's seen in practice, including not just sexual activity but also eating disorders, substance abuse, mental illness, unplanned pregnancies, violence, and STDs. She also looks at less serious but still troubling issues like under-achievement, battles with parents, and lack of emotional and social support. In this insightful book, Resh provides parents with the tools to help their teen daughters negotiate the waters of their sexual development and emerge with their strength, their sexuality, and their self-image intact.

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