

Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood
by Lisa Damour

If you're the parent of a girl who has gone through puberty, or who is about to, you may be steeling yourself for a few years of emotional turbulence. In Dr. Lisa Damour's smart explanation of girlhood, she breaks a girls' teenage years into seven categories, demystifying this complex time and clarifying the best approach for guiding one's daughter into adulthood.