



Suggested Readings

How to Raise an Adult: Break Free of the Over Parenting Trap and Prepare your Kids for Success by Julie Lythcott-Haims

Girls on the Edge: The Four Factors Driving the New Crisis for Girls by Leonard Sax

Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men by Leonard Sax

What About the Kids? Raising Your Children Before, During, and After Divorce by Judith S. Wallerstein and Sandra Blakeslee

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

American Girls: Social Media and the Secret Lives of Teenagers by Nancy Jo Sales

Letting Go: A Parents' Guide to Understanding the College Years by Karen Levin Coburn and Madge Lawrence Treeger