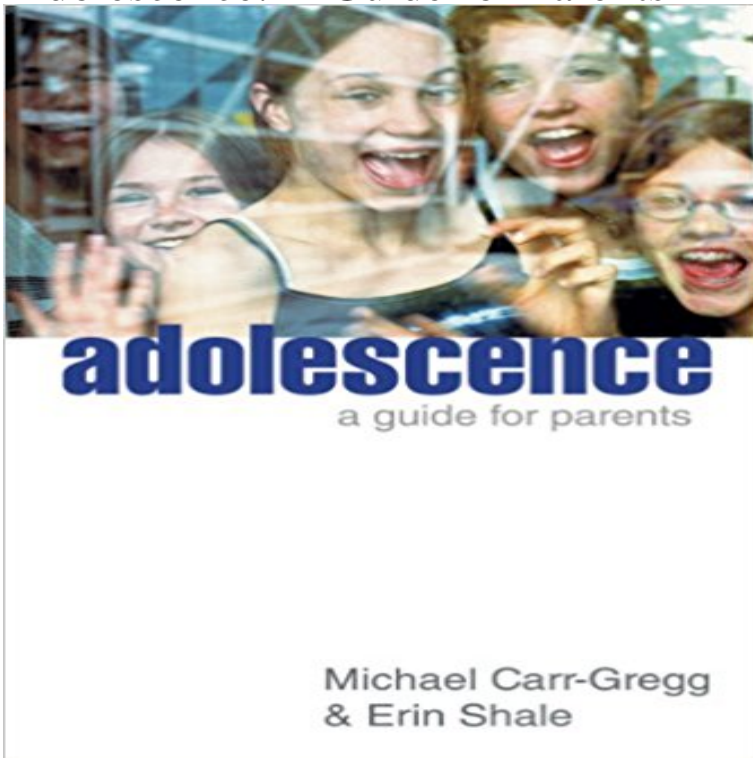


# Adolescence: A Guide for Parents



In this lively and in-depth book, the authors discuss how to support children (from age 10 onwards) as they struggle with the three big questions in an adolescents life: Am I normal?, Who am I? and What is my place in the world? Adolescence has changed. Young people now enter puberty earlier (in many cases at 10 or 11 years of age) and leave home later. Whats more, modern society expects children to grow up emotionally all too quickly. the good news is that the skills, knowledge and strategies parents need are clearly explained in this book. the author discuss: the three big questions in an adolescents life: Am I normal?, ?Who am I? and ?What is my place in the world? the increasingly early onset of puberty, and its impact on you and your pre-teen child useful approaches for parents and teachers: what good parenting is all about, techniques for communicating well, and knowing how to handle problems before they become crises how to deal with serious issues such as depression, suicidal feelings, relationships and emerging sexuality, drugs and eating disorders parents most frequently asked questions how to set appropriate, negotiated boundaries how to raise our children to be resilient adults and cope with difficulties in life why the key protective factor for adolescents is a sense of attachment to a significant adult in their lives, and how successful parenting is about providing young people with an environment where they feel safe, valued and listened to.

Pin It GANODERMA BENEFITS, RED REISHI Ganoderma Lucidum , Red Reishi, Mushroom Nutrition Ganoderma Lucidum, Red Reishi MushroomThe Exquisite Red Reishi Mushroom, Or Ganoderma Lucidum. It is know for its strength and its ability to give energy, vigor and vitality. Red Reishi or, Ling Zhi as it is known in China. The reishi / ganoderma are know as herbal mushrooms, and in Asia, they are also known as medicinal mushrooms. The ganoderma lucidum is known as a powerful tonic that helps balance your system. HOME PRODUCTS CONTACT US DISCLAIMER Announcement: Facts And Benefits Of Ganoderma Lucidim, Red Reishi Announcement: Facts And Benefits Of Ganoderma Lucidim, Red Reishi Here are a few facts and benefits about this great mushroomGanoderma Lucidum Ganoderma Lucidum is also known to many as: red reishi mushroom or in Chinese language as ling zhi. This mushroom is known throughout Asia as a medicinal mushroom. It is very popular in Asia, and now becoming the same

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