



Your Adolescent: Emotional, Behavioral, and Cognitive Development from Early Adolescence Through the Teen Years

David, M.D. Pruitt, AACAP

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Parents, teachers, and mental health workers will find the answersto these- and many other-questions in this forthright yet compassionate guide to helping your adolescent through the tumultuous teen years. From peer pressure and self-esteem to experimentation with sex, alcohol, and drugs, this invaluable resource covers a wide range of pratical issues. Here as well is information on more serious obstacles to a teen's development that may require professional intervention, such as depression, eating disorders, substance abuse, and disruptive behaviorial disorders. As surely as every child will become a teen, every person that must relate to a teen will find this book a reliable, indespensable guide to the ups and downs of adolecence.

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