



# Preparing for Adolescence: How to Survive the Coming Years of Change

*Dr. James Dobson*

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What do you say to an adolescent who's getting ready to enter those turbulent teenage years? Dr. James Dobson, one of America's leading family psychologists, knows how to speak directly and sincerely to today's adolescents about the topics that trouble them most. Topics include avoiding feelings of inferiority, handling peer pressure, drug abuse, puberty, sexual development, menstruation, masturbation, romantic love, overcoming discouragement, sound decision-making, and handling independence.



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