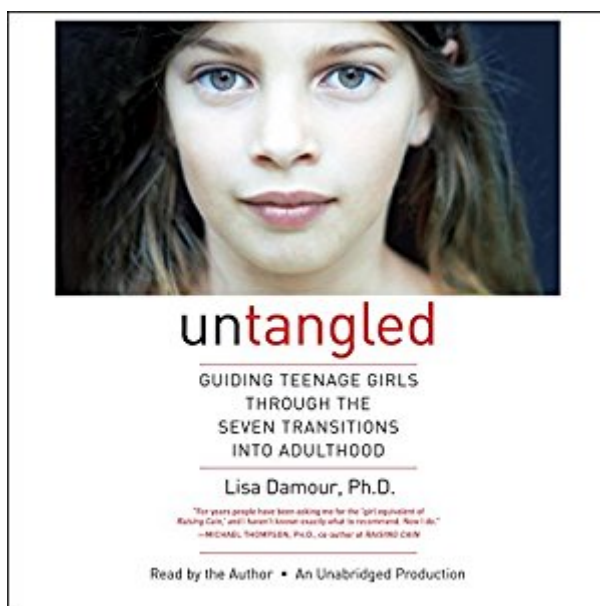


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# Untangled: Guiding Teenage Girls Through The Seven Transitions Into Adulthood



## Synopsis

Lisa Damour, PhD, director of the internationally renowned Laurel School's Center for Research on Girls, pulls back the curtain on the teenage years and shows why your daughter's erratic and confusing behavior is actually healthy, necessary, and natural. *Untangled* explains what's going on, prepares parents for what's to come, and lets them know when it's time to worry. In this sane, highly engaging, and informed guide for parents of daughters, Dr. Damour draws on decades of experience and the latest research to reveal the seven distinct - and absolutely normal - developmental transitions that turn girls into grown-ups, including parting with childhood, contending with adult authority, entering the romantic world, and caring for themselves. Providing realistic scenarios and welcome advice on how to engage daughters in smart, constructive ways, *Untangled* gives parents a broad framework for understanding their daughters while addressing their most common questions, including: My 13-year-old rolls her eyes when I try to talk to her and only does it more when I get angry with her about it. How should I respond? Do I tell my teen daughter that I'm checking her phone? My daughter suffers from test anxiety. What can I do to help her? Where's the line between healthy eating and having an eating disorder? My teenage daughter wants to know why I'm against pot when it's legal in some states. What should I say? My daughter's friend is cutting herself. Do I call the girl's mother to let her know? Perhaps most important, *Untangled* helps mothers and fathers understand, connect with, and grow with their daughters. When parents know what makes their daughter tick, they can embrace and enjoy the challenge of raising a healthy, happy young woman.

## Book Information

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## Customer Reviews

In *Untangled*, Lisa Damour discusses seven transition phases that girls experience as they progress from childhood to adulthood. The phases are relatively self-explanatory. They are 1) parting with childhood, 2) joining a new tribe, 3) harnessing emotions, 4) contending with adult authority, 5) planning for the future, 6) entering the romantic world, and 7) caring for herself. These phases aren't necessarily experienced at specific ages in one specific order, but Damour's outline of them does offer a general guide for how most girls mature. Damour helpfully illustrates and clarifies her points with engaging and realistic anecdotes, many taken from her years of experience working as a psychiatrist and director at Laurel School's Center for Research on Girls. The stories are interesting and easy to relate to, which I appreciated. I think the most powerful aspect of *Untangled*, though, is Damour's ability to talk about this potentially tense subject in a straightforward and honest way while also remaining patient with and kind to both young girls AND their parents. She's fair. And forgiving. She doesn't take sides, and her attitude stays flexible. "When it comes to parenting," she says, "there are many, many ways to get it right." Even when she is encouraging parents to have, discuss, and enforce boundaries with their daughters, she also asks them to be understanding and open. In other words, her approach is collaborative--and it made sense to me. Ultimately, *Untangled* ended up being an informative read. I learned a lot--and I calmed down a lot, too, honestly. Damour is so very soothing and so completely confident that we are all capable of figuring out this madness and working through it. I couldn't help but feel consoled, uplifted, and strengthened by the book's message.

This is a well written book based on the author's personal experience as a psychotherapist, and more research. I recommend it for parents who have a daughter who is turning 11 or 12 so they can be prepared in advance to handle situations as they arise in the right manner. As tweens become teenagers, it's very important to keep the lines of communication open, and be their friend, yet be able to exert parental authority when needed. This is a difficult balance to maintain and as parents we have our up and down days. As a single mom, with a precocious daughter who was always ahead of the curve, whether it was academics or getting into trouble, I have probably dealt with every single issue that this book brings up. It has several helpful strategies, and ways of communicating that can help you from relapsing into anger and a "because I said so" conversation, that does not fly with teens. This book deals with most issues for 12-16 year olds, but doesn't really

address some issues that start coming to the forefront with driving age and the ability to work part time jobs. Rash driving, drinking, drugs, unsafe sex, learning to use their money wisely, and finding one's own identity as they approach adulthood, are bigger issues after 16, and this book clubs them into one chapter. It would perhaps take a different book to discuss some of these issues, and different strategies, as the same ones that you can use when they're 14 don't work at 16 or 17 when they are becoming more independent, almost adults, and can drive themselves. I also believe that social media has really changed how teenagers interact, and though this book covers the impact and gives some helpful strategies, teenagers are always a step ahead of their parents. It suggests not allowing social media accounts till much later. This is really difficult in practice, as that is their primary way of engaging with each other and some new strategies are needed. The author delves into social anxiety but does not provide in-depth discussions on topics like severe anxiety, anorexia, cutting, and other issues that affect a vast number of teenage girls, but those are tough topics and each of them requires a book on its own. Overall, I think the book takes the right approach and suggests the right strategy of asking questions rather than passing judgement. This strategy really helps with conversation and helps their transition into adulthood. I definitely recommend reading this book, and then researching and reading more for the specific issues your child may face.

This was the single most useful child rearing book I have ever read. I initially bought the Kindle version but liked it so much I bought a hard copy so I could easily refer back to and photo copy sections I like. I also wanted a hard copy so my husband could read it. Such a great book that set me back on the right path with my daughter.

This is a good read for Moms about teenage daughters. Made me understand more where the kids are coming from so I can continue to be patient. Was good to know we are on the "right track" around here, too. Wish I could meet the author, very intuitive & passionat about our lost youth. Thank you for that!!

This is a must-read for any parent of girls and is really helpful for educators as well. I've raised three daughters but I also teach at a girls school. I was fortunate to have read this book while taking an online course for educators of girls with Lisa Damour. The book will give both parents and educators the tools, knowledge, and confidence they need to successfully support girls on their path to adulthood.

I'm a therapist and a mother of a teen girl and sometimes still haven't a clue how to respond to the hills and valleys of adolescence. Damour covers so many relevant topics and offers us language and a frame to use, empowering and equipping us to face the challenges with them and for them. Thank you, Damour, for your expertise and for offering this incredible piece of work to the masses!

As a father it is hard for me to express the difficulty I have understanding the mind and behavior of my teenage daughter. In her aptly titled book, *Untangled*, Lisa Damour does a fantastic job of explaining the pressures that my daughter faces, and how to provide guidance and support without alienating or endangering her socially. This book is packed with timely and practical real-world examples, as well as sample "scripts" about what I might say in any given situation. I'm so grateful I found it.

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