



Your Teenager

Understanding, Motivating, and Helping Your Teen Fulfil Their Potential

Author: Arnault Pfersdorff

Publisher : Hatier

Category :

Genres : Well-Being/Self-Help - Couples/Family

Keywords : Kindness - Communication - Advice

The first comprehensive guide to deciphering, understanding, and helping your teen find fulfillment.

This book examines the upheavals of adolescence in 5 sections: puberty, the body and health, sexuality, building identity, and relationships with others. These main themes are handled in simple, practical, and precise ways with regard to diet, hormonal upheavals, daily life, conflicts, psychological changes, schooling, etc. All the questions that parents and teenagers have are covered in depth, from the most common to the most specific: first times, social networking, peak growth, sleep, dating, teen crises, sex life, and relationships.

Date : 25/09/2024

Pages : 382

Format cm : 20 x 25

Prix : 25.95

EAN : 9782401103610