



# Now I Know Why Tigers Eat Their Young

*Dr. Peter Marshall*

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*"With wit and wisdom, Peter [Marshall] gives parents practical, useful and thoughtful advice to help their teenagers grow into responsible, resourceful, and resilient people who treat themselves and others with dignity and regard."*

-Barbara Coloroso, educator and author

Everyone troubled by teens of their own will find consolation in this book. Dr. Peter Marshall, child psychologist, father of five and former teenager, provides an abundance of practical information, advice and observations on all walks of adolescent and pre-adolescent life. The result is a fun and easy-to-read book for the salvation of beleaguered parents everywhere. Among other things, Dr. Marshall discusses the transition from childhood to adulthood and the drive for independence that can wreak havoc on the whole family.

Included are such timely issues as:

- Ways to support and strengthen self-esteem
- Various parenting styles, such as authoritarian, permissive, democratic and management by guilt
- The intense rate of change in teens' lives
- The "Boomerang Generation" - kids who never leave home
- Difficult teenage issues, including sex and sex education, values, school, work and play, cliques, crowds and friendships
- Ways to encourage a healthy lifestyle, to promote fitness and to deal with the growing epidemic of obesity
- Helping teens find constructive ways to channel their concerns about the environment
- Safety on the Internet.

More issues than ever challenge young people today. This book provides thoughtful counsel for dealing with them.

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