

UNTANGLED RECOMMENDED RESOURCES

Chapter One: Parting with Childhood

Harris, R. H., and Emberley, M. (2009). *It's Perfectly Normal: Growing bodies, growing up, sex, and sexual health*. Somerville, MA: Candlewick Press.

Lamb, S., and Brown, L. M. (2006). *Packaging Girlhood: Rescuing our daughters from marketers' schemes*. New York: St. Martin's Press.

Natterson, C., and Masse, J. (2013). *The Care and Keeping of You 2: The body book for older girls*. Rev. ed. Middleton, WI: American Girl Publishing.

Schaefer, V., and Masse, J. (2012). *The Care and Keeping of You: The body book for younger girls*. Rev. ed. Middleton, WI: American Girl Publishing.

Chapter Two: Joining a New Tribe

Boyd, D. (2015). *It's Complicated: The social lives of networked teens*. New Haven, CT: Yale University Press.

Simmons, R. (2011). *Odd Girl Out, Revised and Updated: The hidden culture of aggression in girls*. New York: First Mariner Books.

Thompson, M., Grace, C. O., and Cohen, L. J. (2002). *Best Friends, Worst Enemies: Understanding the social lives of children*. New York: Ballantine Books.

Wiseman, R. (2009). *Queen Bees and Wannabes: Helping your daughter survive cliques, gossip, boyfriends, and the new realities of girl world*. New York: Three Rivers Press.

Chapter Three: Harnessing Emotions

Foa, E. B., and Andrews, L. W. (2006). *If Your Adolescent Has an Anxiety Disorder: An essential resource for parents*. New York: Oxford University Press.

Hollander, M. (2008). *Helping Teens Who Cut: Understanding and ending self-injury*. New York: The Guilford Press. Machoian, L. (2006). *The Disappearing Girl: Learning the language of teenage depression*. New York: Dutton. Siegel, D. J. (2014). *Brainstorm: The power and purpose of the teenage brain*. New York: Jeremy P. Tarcher.

Chapter Four: Contending with Adult Authority

Barkley, R. A., Robin, A. L., and Benton, C. M. (2013). *Your De ant Teen, Second Edition: 10 steps to resolve con ict and rebuild your relationship*. New York: The Guilford Press.

Brown, L. M., and Gilligan, C. (1993). *Meeting at the Crossroads: Women's psychology and girls' development*. New York: Ballantine Books.

Simmons, R. (2010). *The Curse of the Good Girl: Raising authentic girls with courage and confidence*. New York: The Penguin Press.

Chapter Five: Planning for the Future

Cooper-Kahn, J., and Dietzel, L. (2008). *Late, Lost, and Unprepared: A parents' guide to helping children with executive functioning*. Bethesda, MD: Woodbine House.

Dweck, C. S. (2006). *Mindset: The new psychology of success*. New York: Ballantine Books.

Silver, L. B. (2006). *The Misunderstood Child, Fourth Edition: Understanding and coping with your child's learning disabilities*. New York: Three Rivers Press.

Chapter Six: Entering the Romantic World

Durham, M. G. (2008). *The Lolita Effect: The media sexualization of young girls and what we can do about it*. New York: The Overlook Press.

Levin, D. E., and Kilbourne, J. (2009). *So Sexy, So Soon: The new sexualized child- hood and what parents can do to protect their kids*. New York: Ballantine Books.

Orenstein, P. (2011). *Cinderella Ate My Daughter*. New York: Harper. Tolman, D. L. (2005). *Dilemmas of Desire: Teenage girls talk about sexuality*. Cambridge, MA: Harvard University Press.

Chapter Seven: Caring for Herself

Jensen, F. E., and Nutt, A. E. (2015). *The Teenage Brain: A neuroscientist's guide to raising adolescents and young adults*. New York: Harper.

Kuhn, C., Swartzwelder, S., and Wilson, W. (2002). *Just Say Know: Talking with*

kids about drugs and alcohol. New York: W. W. Norton & Co.

Lock, J., and Le Grange, D. (2015). *Help Your Teenager Beat an Eating Disorder, Second Edition.* New York: The Guilford Press.

Pipher, M. (2005). *Reviving Ophelia: Saving the selves of adolescent girls.* New York: Riverhead Books.