

# peaceful parent happy kids

## Recommended Books on Parenting Teens

Some fabulous suggestions for books on parenting your teen.

Here is a small sampling of time-tested books so you can locate them easily the next time you visit the library.

For more recommendations based on age and select topics, please visit our website at [PeacefulParentHappyKids.com](http://PeacefulParentHappyKids.com).

1. **Staying Connected to Your Teenager** by Michael Riera, PhD
2. **How to Talk So Teens Will Listen & Listen So Teens Will Talk**  
by Adele Faber & Elaine Mazlish
3. **Teen Speak: A guide to understanding and communicating with your teen** by Dr. Jennifer Salerno
4. **Brainstorm** by Jacqueline Monique
5. **Mom, I Hate My Life!** by Sharon Hersh
6. **Mom, Everyone Else Does!** by Sharon Hersh
7. **Uncommon Sense for Parents with Teenagers** by Michael Riera
8. **A Fine Young Man** by Michael Gurian
9. **Positive Discipline for Teenagers** by Jane Nelsen
10. **Mom, Sex is No Big Deal!** by Sharon Hersh

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**11. Girls & Sex: Navigating the Complicated New Landscape** by

Peggy Orenstein

**12. Untangled: Guiding Teenage Girls Through the Seven**

**Transitions Into Adulthood** by Lisa Damour, PhD

**13. The Teenage Brain** by Frances E. Jensen