

Suggested Parent Reading for Navigating Middle and High School Years

I have put together this list of titles for all Altamont parents to have as a resource. Please read, enjoy and discuss with one another and with your children.

- *Alpha Girls*, Kindlon
- *Get Out of My Life-But First Could You Drive Me and Cheryl to the Mall?*, Anthony E. Wolf
- *Girl in the Mirror: Mothers and Daughters in the Years of Adolescence*, Nancy Snyderman
- *The Good Son: Shaping the Moral Development of Our Boys and Young Men*, Gurian
- *Odd Girl Out: the Hidden Culture of Aggression in Girls*, Simmons
- *The Overachievers: Secret Lives of Driven Kids*, Robbins
- *Queen Bees and Wanna Bees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence*, Rosalind Wiseman
- *Raising Cain: Protecting the Emotional Life of Boys*, Dan, Kindlon and Michael Thompson
- *Raising Emotionally Intelligent Teenagers: Guiding the Way for Compassionate, Committed and Courageous Adults*, Maurice Elias, Steven Tobias and Brian Friedlander
- *Reviving Ophelia: Saving the Lives of Adolescent Girls*, Pipher
- *Surviving Ophelia: Mothers Share Their Wisdom in Navigating the Tumultuous Teenage Years*, Dellasega
- *Price of Privilege*