



The Challenging Years: Shedding Light on Teen Sexuality

By Twila Pearson Ph.D.

WestBow Press, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Raging hormones and unpredictable mood swings can make navigation into adulthood more than challenging. When puberty strikes, we are often thrown into vicious whirlwinds of euphoria, anger, anxiety, and depression. Confusing and unreliable emotions can color our perspective as we look at the choices available to us. Knowing the risks involved in the choices we face can help us recognize pitfalls and help us make decisions that are not based on faulty assumptions. Dr. Pearson gives us the information we need to do just that. She addresses difficult topics with straightforward confidence and gives teens as well as parents much to think about.

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