



# **Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More**

*Jane Fonda*

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**NEW YORK TIMES BESTSELLER • AN ALL-ENCOMPASSING GUIDE THAT PARENTS WILL WANT FOR THEIR TEENS**

This thorough, concise guide offers straight talk about:

- The male and female body as it changes and matures.
- Teen relationships: what it takes to create happy, supportive, positive, and meaningful connections with family, friends, and others.
- Identity empowerment: how to be authentic and thrive in today's world.
- Sex and sexuality for boys and girls: how teens should take care of their bodies, embrace their experiences, and strengthen self-esteem.
- Strategies for working through the toughest challenges, including bullying, sexual abuse, eating disorders, pregnancy, and more.

## **Praise for *Being a Teen***

“A frank and candid resource for adolescents.”—*People*

“Fonda’s warmth and love for the teen community is evident.”—*Publishers Weekly*

“Clear, practical, and riveting, *Being a Teen* cuts away at myth, enhances teens’ self-esteem, and arms them with a trove of useful information. Beautifully organized . . . Any parent, teacher, coach, or doctor needs to read this authoritative guide. What a lifesaver for our boys and girls!”—**William S. Pollack, PhD, author of the international bestseller *Real Boys* and Associate Clinical Professor, Department of Psychiatry at Harvard Medical School**

“*Being a Teen* should be in the hands of every teen in the world. It is a myth-busting, fact-filled treasure full of life information all teens want and need to know.”—**Christiane Northrup, M.D., *New York Times* bestselling author of *Women’s Bodies, Women’s Wisdom***

“Clear, unflinching, and nonjudgmental . . . a reliable guide to the turbulent physical and social transitions of adolescence.”—**Michael Kimmel, Distinguished Professor of Sociology and Gender Studies, Stony Brook University, and author of *Guyland***

“A comprehensive, honest, fun-to-read book for today’s teenagers. This delightful book will be used again and again.”—**The Reverend Debra W. Haffner, president, Religious Institute, and author of *From Diapers to Dating***

“Detailed, accurate and practical . . . an excellent resource.”—**Paul Kivel, author of *Boys Will Be Men***

*From the Trade Paperback edition.*

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#### **Catherine Walters:**

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#### **Effie Phillips:**

This Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More is a great book for you because the content which can be full of information for you who always deal with the world and have to make decisions every minute. This specific book reveals details accurately using great arranged words or we can point out no rambling sentences inside it. So if you read it hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but tricky core information with splendid delivering sentences. Having Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More in your hand like obtaining the world in your arm, info in it is not ridiculous. We can say that no reserve that offers you the world inside ten or fifteen tiny right but this book already does that. So, this really is a good reading book. Hey Mr. and Mrs. hectic do you still doubt that will?

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