

IN PRINT

Real Boys

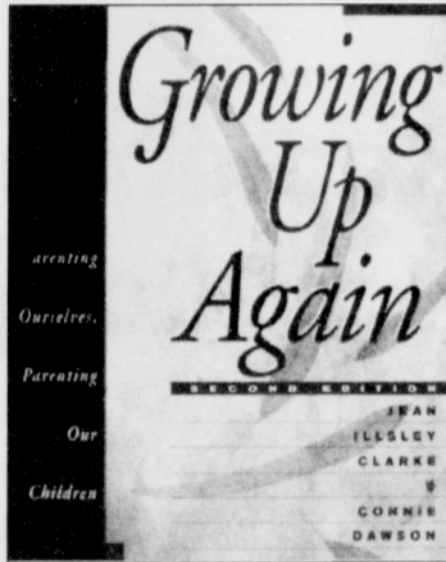
Henry Holt and Company; 1998
By William Pollack, Ph.D.

Based on William Pollack's groundbreaking research at Harvard Medical School for more than two decades, *Real Boys* explores this generation's "silent crisis": why so many boys are sad, lonely, and confused although they may appear tough, cheerful, and confident. Pollack challenges conventional expectations about man-

hood and masculinity that encourage parents to treat boys as little men, raising them through a toughening process that drives their true emotions underground. Only when we understand what boys are really experiencing, says Pollack, can parents and teachers help them develop more self-confidence and the emotional savvy they need to deal with issues such as depression and violence, drugs and alcohol, sexuality and love.



WILLIAM POLLACK, Ph.D.



Growing up again

Hazelden; 1998

By Jean Illsley Clarke and Connie Dawson

As time-tested as it is timely, the expert advice in this book has helped thousands of readers improve on their parenting practices. Now, substantially re-

vised and expanded, *Growing Up Again* offers further guidance on providing children with the structure and nurturing that are so critical to their healthy development - and to our own.

Jean Illsley Clark and Connie Dawson provide the information every adult caring for children should know - about ages and stages of development, ways to nurture our children and ourselves, and tools for personal and family growth. This new edition also addresses the special demands of adopted children and blended families, the character of prenatal life and our final days, and the growing problem of overindulgence.

Reviving Ophelia

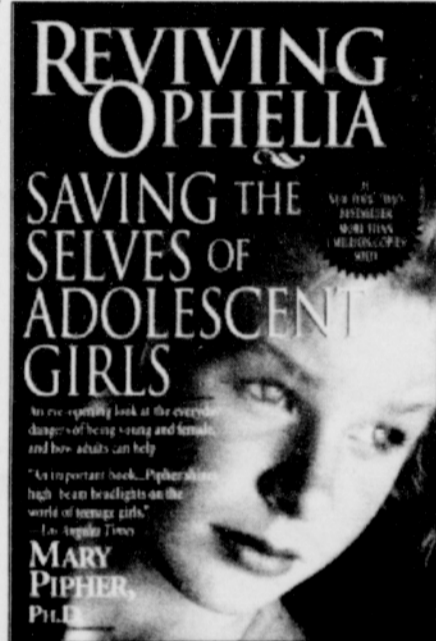
Ballantine Books; 1994
By Mary Pipher, Ph.D.

Why are more American adolescent girls prey to depression, eating disorders, addictions, and suicide attempts than ever before? According to Dr. Mary Pipher, a clinical psychologist who has treated girls for more than twenty years, we live in a look-obsessed, media-saturated, "girl-poisoning" culture. Despite the advances of feminism, escalating levels of sex-

ism and violence - from undervalued intelligence to sexual harassment in elementary school - cause girls to stifle their creative spirit and natural impulses, which, ultimately, destroys their self-esteem. Yet girls often blame themselves or their families for this "problem with no name" instead of looking at the world around them. Here, for the first time, are girls' un-muted voices from the front lives of adolescence, personal and painfully honest. By laying bare their harsh day-to-day reality, *Reviving Ophelia* issues a call to arms and offers parents compassion, strength, and strategies with which to revive these Ophelias' lost sense of self.

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