

## Queen Bees And Wannabes

The ultimate guide to recognizing and reducing bullying behaviors in school! Today's bullies use more than threats and acts of physical violence to intimidate and humiliate their victims, so today's educators can't rely upon traditional disciplinary measures to tackle bullying in schools. Get to the heart of the matter by offering realistic interventions grounded in the psychology behind the actions of both bullies and victims. This new resource also provides an in-depth look at: Differences between bullying and teasing Profiles of students at risk for victimization Cyberbullying and female bullies Designing a bullying prevention program Consequences when school personnel fail to act appropriately Complete, authoritative, and sensible, *The Little Boy Book* draws on four years of research, and numerous studies and interviews, to address the special needs of raising a boy today. Two writers, both parents of boys and one an early childhood educator, guide you from the day you bring your "little blue bundle" home through his crucial elementary school years. Inside, you'll learn how: , Boys develop differently from girls--and why , "male aggressiveness" originates--and where , Order and direction can be painlessly established in your young son's life , Working moms and their little boys can have a good relationship , Traumas like divorce affect boys differently , Your son will respond to love and discipline , And much more Raising a boy is a unique experience--and here's the guidebook that explores and explains not just your growing child but your very own son! The cofounder of the Empower Program explains how parents can help their teenage daughters deal with cliques, gossip, substance abuse, boys and sex, and other challenges of adolescence, in a guide designed to help girls empower themselves during a tumultuous time of life. 50,000 first printing.

**NEW YORK TIMES BESTSELLER** • An urgently needed guide to the alarming increase in anxiety and stress experienced by girls from elementary school through college, from the author of *Untangled* “An invaluable read for anyone who has girls, works with girls, or cares about girls—for everyone!”—Claire Shipman, author of *The Confidence Code* and *The Confidence Code for Girls* Though anxiety has risen among young people overall, studies confirm that it has skyrocketed in girls. Research finds that the number of girls who said that they often felt nervous, worried, or fearful jumped 55 percent from 2009 to 2014, while the comparable number for adolescent boys has remained unchanged. As a clinical psychologist who specializes in working with girls, Lisa Damour, Ph.D., has witnessed this rising tide of stress and anxiety in her own research, in private practice, and in the all-girls' school where she consults. She knew this had to be the topic of her new book. In the engaging, anecdotal style and reassuring tone that won over thousands of readers of her first book, *Untangled*, Damour starts by addressing the facts about psychological pressure. She explains the surprising and underappreciated value of stress and anxiety: that stress can helpfully stretch us beyond our comfort zones, and anxiety can play a key role in keeping girls safe. When we emphasize the benefits of stress and anxiety, we can help our daughters take them in stride. But no parents want their daughter to suffer from emotional overload, so Damour then turns to the many facets of girls' lives where tension takes hold: their interactions at home, pressures at school, social anxiety among other girls and among boys, and their lives online. As readers move through the layers of girls' lives, they'll learn about the critical steps that adults can take to shield their daughters from the toxic pressures to which our culture—including we, as parents—subjects girls. Readers who know Damour from *Untangled* or the *New York Times*, or from her regular appearances on CBS News, will be drawn to this important new contribution to understanding and supporting today's girls. Praise for *Under Pressure* “Truly a must-read for parents, teachers, coaches, and mentors wanting to help girls along the path to adulthood.”—Julie Lythcott-Haims, *New York Times* bestselling author of *How to Raise an Adult*

Written in a down-to-earth style and packed with examples and tips, this is a guide to the secret world of girls' cliques and the roles they play. It analyzes their teasing and gossip and provides advice to enable parents to empower both their daughters and themselves.

*The Owing Up Curriculum* presents a unique and comprehensive approach to preventing youth violence by targeting the root causes of bullying and other forms of social cruelty. It addresses issues such as racism, classism, and homophobia, as well as moral courage, perseverance, and commitment to ethical behavior. Separate sessions for girls and for boys combine group discussions, games, role-playing, and other activities to engage students in understanding the complexities of adolescent social culture.

We are in this together and will get through this together Parent involvement has always been a vital part of any child's education, but the pandemic and resulting remote instruction require that parents and educators partner at a deeper level. Following the tremendous success of *The Distance Learning Playbook*, K-12, education authorities Doug Fisher, Nancy Frey, and John Hattie have teamed up with *New York Times* bestselling author and parenting expert Rosalind Wiseman to bring you the consummate guide to support your child's academic, social, and emotional development in any learning environment – while not overwhelming you in the process. This essential guide will arm you with the tools and insight to Create an environment conducive to learning, establish routines, and most importantly, take care of yourself and your child Maximize the time you spend supporting learning by focusing on what is proven to work best in education Help your child develop the cognitive attitudes and habits that foster creativity, critical thinking, and increased responsibility for their learning Support the development of your child's social and emotional learning skills, including the ability to navigate social interactions, build friendships, and regulate emotions at a time when they have never been more important to have, and more challenging to maintain *The Distance Learning Playbook for Parents* outlines supportive strategies for navigating virtual environments to ensure effective and impactful learning that aligns the needs and expectations of teachers, parents, and students alike.

Empower students to stand up for what matters Created in collaboration with children and teens, *Owing Up* helps young people identify and be critical of social issues in their

lives—from bullying and harassment in the classroom to systems of power and oppression in the world around them. While there is no one-size-fits-all curriculum, *Owning Up* takes us leaps forward by: Designing sessions to be easily facilitated by a school counselor, teacher, leader, or other professional in small group settings Combining discussions, games, and role-playing to engage adolescents in the complexities of social culture Exploring critical topics such as media analysis, gender, sexual harassment, racism, gossip, and self-image

Revised to include an additional chapter for parents of younger girls, a best-selling guide on how cliques shape girls' lives offers insight into gender-based power plays, early adolescence, and the role of a parent's history in shaping parenting choices. Original.

When Rosalind Wiseman published her bestseller *Queen Bees and Wannabes* in 2001, it fundamentally changed the way that parents, educators and the media looked at the impact of girls' social dynamics and created a road map for girls to develop better relationships and higher self-esteem. Now Rosalind turns her attention to the tricky terrain of *Boy World*. Drawing on 20 years of work with boys and her own experience as a mother of two sons, Rosalind will help parents understand their tween and teenage sons better. The book will cover such timely issues as video games, online identities and social networking sites. This is an essential manual that will help any parent build a stronger, more meaningful relationship with their son.

One of the New York Post's Top 10 Career Books of 2012 and a Booklist Top 10 Business Book *DO YOU WORK WITH A MEAN GIRL?* A woman's field guide to the new frontier of professional development—working with other women Women-to-women relationships in the workplace are . . . complicated. When they're good, they're great. But when they're bad, they can ruin your day, your week—even your year. Packed with proven advice from two of today's leading experts in workplace relationships, this one-of-a-kind guide gives women the tools they need to navigate difficult situations unique to women-to-women relationships—whether with a boss, a colleague, a client, or an employee. Have you dealt with a woman in the workplace who: “Accidentally” excludes you from important meetings? Seems intent on taking you down professionally? Gossips about you with other coworkers? Makes you look bad by missing deadlines? Forms a “pack” of mean girls to make your life miserable? *Mean Girls at Work* isn't just about surviving difficult situations. It's about transforming a toxic relationship into one that benefits and supports both of you. This book is also for women who engage in mean behavior . . . but don't know it. After all, who hasn't gossiped about a female coworker? Who hasn't rolled her eyes in the presence of a woman she doesn't like? Who hasn't scanned another woman head to toe—which is just a nonverbal way of saying, “You've just been judged”? The authors provide invaluable advice to the more subtle ways of being mean—even if they're not intended. With a workforce composed of a higher percentage of women than ever, workplace dynamics have changed. Crowley and Elster cover every conceivable scenario, providing critical advice on how to rise above the fray and move forward professionally. *Mean Girls at Work* is your map to dodging the mines and moving forward in today's transformed workplace. Praise for *Mean Girls at Work* “An invaluable suit of armor for surviving nine to five!” —Leil Lowndes, bestselling author of *How to Talk to Anyone* “If you think the emotional cruelty of comedies like *Mean Girls* and *Heathers* doesn't exist in the real world workplace, think again. In *Mean Girls at Work*, Katherine Crowley and Kathi Elster valuably chronicle female vs. female predators and offer solid defensive strategies.” —Ann Kreamer, author of *It's Always Personal: Navigating Emotion in the New Workplace* “Whether you are in your twenties and just starting your professional career, your midcareer forties, when you are supposed to have figured it out already, or a woman in her fifties or sixties who's seen it all—this book is a must-read. . . . The authors have finally given women the tools and the sound advice necessary to deal with . . . conflicts that keep us all from succeeding. . . . Carry this book with you to work every day!” —Carolyn Cassin, President, Michigan Women's Foundation “A must-read for women of all ages in today's workforce. This book offers what we all need to develop the capacities to endure this ever-changing workplace. We know it is all about relationships and you need the skills outlined in this book to survive and thrive when the Mean Girls attack.” —Kim Harrington, Coordinator, Professional Development and Training, Office of Human Resources, California State University, Sacramento

A creative writing group unites and inspires girls of the first South African generation “born free.” Born into post-apartheid South Africa, the young women of the townships around Cape Town still face daunting challenges. Their families and communities have been ravaged by poverty, violence, sexual abuse, and AIDS. Yet, as Kimberly Burge discovered when she set up a writing group in the township of Gugulethu, the spirit of these girls outshines their circumstances. Girls such as irrepressible Annasuen, whose late mother was one of South Africa's most celebrated singers; bubbly Sharon, already career-bound; and shy Ntombi, determined to finish high school and pursue further studies, find reassurance and courage in writing. Together they also find temporary escape from the travails of their lives, anxieties beyond boyfriends and futures: for some of them, worries that include HIV medication regimens, conflicts with indifferent guardians, struggles with depression. Driven by a desire to claim their own voices and define themselves, their writing in the group *Amazw'Entombi*, “Voices of the Girls,” provides a lodestar for what freedom might mean.

Identifies the subtle means by which girls behave aggressively toward one another and examines specific behaviors while explaining the importance of enabling girls to express anger and resolve conflicts. Recognizing that boys' issues and problems have too long been ignored, Rosalind (a mother of two boys), decided to pull back the curtain on “Guy World”, working collaboratively with middle-school and high-school boys for a period of two years to chart the emotional terrain that boys inhabit. But as she was working on her book for the boys' parents, Rosalind realized that teenage boys themselves are in desperate need of guidance. They need a book, *The Guide*, that speaks directly to them (in a boy-friendly format and in their language) about the problems they face every day: How do you get out of the friendzone (where girls refuse to take you seriously)? What's the right way to react when getting made fun of? How do you talk to your parents so that they'll actually listen? With the help of hundreds of middle and high school aged boys, Rosalind has identified and answered the most pressing questions teenage boys have. --From publisher.

Explains how parents can help their teenage daughters deal with cliques, gossip, substance abuse, boys and sex, and other challenges of adolescence, in a guide designed to help girls empower themselves during a tumultuous time of life.

A report from the front lines of the most formative-and least understood-years of children's lives Suddenly they go from striving for A's to barely passing, or obsessing for hours over “boyfriends” they've barely spoken to. Former chatterboxes answer in monosyllables; free-thinkers mimic their peers' clothes, not to mention their opinions. Bodies and psyches morph under the most radical changes since infancy. On the surface, they're “just chillin'.” Underneath, they're a stew of anxiety and ardor, conformity and rebellion. They are kids in the middle school years, the age every adult remembers well enough to dread. No one understands them, not parents, not teachers, least of all themselves-no one, that is, until Linda Perlstein spent a year immersed in the lives of suburban Maryland middle-schoolers and emerged with this pathbreaking account. The book traverses the school year, following five representative kids-and including the stories of many more-as they study, party, IM each other, and simply explain what they think and feel. As Perlstein writes about what she saw and heard, she explains what's really going on under the don't-touch-me facade of these critically formative years, in which kids grapple with schoolwork, puberty, romance, identity, and new kinds of relationships with their parents and peers. *Not Much Just Chillin'* offers a trail map to the baffling no-man's-land between child and teen, the time when children don't want to grow up, and so badly do.

NEW YORK TIMES BESTSELLER • An award-winning guide to the sometimes erratic and confusing behavior of teenage girls that explains what's going on, prepares parents for what's to come, and lets them know when it's time to worry. Look for *Under Pressure*, the companion guide to coping with stress and anxiety among girls, available now. In this sane, highly engaging, and informed guide for parents of daughters, Dr. Damour draws on decades of experience and the latest research to reveal the seven distinct—and absolutely normal—developmental transitions that turn girls into grown-ups, including *Parting with Childhood*, *Contending with Adult Authority*, *Entering the Romantic World*, and *Caring for Herself*. Providing realistic scenarios and welcome advice on how to engage daughters in smart, constructive ways, *Untangled* gives parents a broad framework for understanding their daughters while addressing their most common questions, including • My thirteen-year-old rolls her eyes when I try to talk to her, and only does it more when I get angry with her about it. How should I respond? • Do I tell my teen daughter that I'm checking her phone? • My daughter suffers from test anxiety. What can I do to help her? • Where's the line between healthy eating and having an eating disorder? • My teenage daughter wants to know why I'm against pot when it's legal in some states. What should I say? • My daughter's friend is cutting herself. Do I call the girl's mother to let her know? Perhaps most important, *Untangled* helps mothers and fathers understand, connect, and grow with their daughters. When parents know what makes their daughter tick, they can embrace and enjoy the challenge of raising a healthy, happy young woman. BOOKS FOR A BETTER LIFE AWARD WINNER “Finally, there's some good news for puzzled parents of adolescent girls, and psychologist Lisa Damour is the bearer of that happy news. [*Untangled*] is the most down-to-earth, readable parenting book I've come across in a long time.”—The Washington Post “Anna Freud wrote in 1958, ‘There are few situations in life which are more difficult to cope with than an adolescent son or daughter during the attempt to liberate themselves.’ In the intervening decades, the transition doesn't appear to have gotten any easier which makes *Untangled* such a welcome new resource.”—The Boston Globe BESTSELLER - BASIS FOR THE POPULAR MOVE "MEAN GIRLS".

From the nation's leading crusader for strengthening father-daughter relationships comes a solutions-oriented handbook for every dad or stepdad who wants to connect more fully with his daughter.

Queen Bees & Wannabes Helping Your Daughter Survive Cliques, Gossip, Boys, and the New Realities of Girl World Harmony Books

If you have a daughter, it would be surprising if she doesn't struggle with anxiety and worry--either in short episodes or for longer periods. For a variety of reasons, childhood anxiety rates are soaring, especially among girls. Today's parents need to know what contributes to anxiety and worry and how they can empower their daughters to overcome troubling emotions. In this immensely practical book, veteran counselor Sissy Goff shares how you can instill bravery and strength in your daughter. Addressing common age-specific issues, Goff gives you the tools to help you and your child understand why her brain is often working against her when she starts to worry, and what she can do to fight back. With your help, she will find the anchoring truth of God's strong, safe love for her and the confidence she needs to thrive.

At age sixteen, Sara Shandler read Mary Pipher's *Reviving Ophelia*, the national bestseller that candidly explored the unique issues that challenge girls in their struggle toward womanhood. Moved by Pipher's insight yet driven to hear the unfiltered voices of today's adolescent girls, Shandler yearned to speak for herself, and to provide a forum for other Ophelias to do so as well. A poignant collection of original pieces selected from more than eight hundred contributions, *Ophelia Speaks* culls writings from the hearts of girls nationwide, of various races, religions, and socioeconomic backgrounds. Ranging in age from twelve to eighteen, the voices here offer a provocative and piercingly real view on issues public and private, from body image to boys, politics to parents, school to sex. Framing each chapter are Shandler's own personal reflections, offering both the comfort of a trusted friend and an honest perspective from within the whirlwind of adolescence. In these pages, you will see your best friend, your daughter, your sister--and yourself. At once filled with heartbreak and hope, in these pages Ophelia speaks.

Anita Harris creates a realistic portrait of the "new girl" that has appeared in the twenty-first century--she may still play with Barbie, but she is also likely to play soccer or basketball, be assertive and may even be sexually aware, if not active. Building on this new definition, Harris explores the many key areas central to the lives of girls from a global perspective, such as girlspace, schools, work, aggression, sexuality and power.

Playdates can be amazing! They help kids make connections with others, can be the start of fantastic friendships that last, and are also the perfect place to work on building and practicing social skills. But sometimes it's hard for kids to have playdates. They don't go well, and it feels like they'll never make any friends or ever have a successful social interaction. This book explains how playdates help kids learn social skills, and includes simple tips for setting up successful playdates and a playful home. Plus, I talk about how those imperfect moments are the perfect learning opportunity! There are over 50 play ideas, designed for two children, and conveniently indexed by social skill, mess level, indoor vs. outdoor, and age range. Playdate ideas include: \* Pretend play\* Arts & crafts\* Indoor & outdoor games\* Board games and card games made for 2 BONUS: The book is in Dyslexie font, specifically designed to make reading easier for those with Dyslexia. Written by Janine Halloran, LMHC author of the best-selling *Coping Skills for Kids Workbook*

In this second book in *The Prince Warriors* trilogy, the Prince Warriors face new challenges on earth and in the unseen realm of Ahoratos. The enemy, angry about his last defeat, is targeting them with weapons and tactics they had never imagined, including the flaming Olethron. The kids must turn to Ruwach and the Source, who can give them more pieces of armor to help them stand strong against this deadly threat.

Power struggles. Bitter rivalries. Jealousy. Betrayals. Star-crossed lovers. When you consider all these plot points, it's pretty surprising William Shakespeare didn't write *Mean Girls*. But now fans can treat themselves to the epic drama—and heroic hilarity—of the classic teen comedy rendered with the wit, flair, and iambic pentameter of the Bard. Our heroine Cady disguises herself to infiltrate the conniving Plastics, falls for off-limits Aaron, struggles with her allegiance to newfound friends Damian and Janis, and stirs up age-old vendettas among the factions of her high school. Best-selling author Ian Doescher brings his signature Shakespearean wordsmithing to this cult classic beloved by generations of teen girls and other fans. Now, on the 15th anniversary of its release, *Mean Girls* is a recognized cultural phenomenon, and it's more than ready for an Elizabethan makeover.

A straightforward approach to handling date rape instructs readers on how to understand the psychological makeup of potential attackers and practice actual defense tactics while offering advice on what to do after a physical assault. Reprint.

"The French have a name for the uniquely hellish years between elementary school and high school: "l'âge ingrat" or "The Ugly Age." Characterized by a perfect storm of developmental changes—physical, psychological, and social—the middle-school years are a time of great distress for parents and children alike, marked by hurt, isolation, exclusion, competition, anxiety, and often outright cruelty. Some of this is inevitable; there are intrinsic challenges to early adolescence. But these years are harder than they need to be, and Judith Warner believes that adults are complicit. With piercing insight, compassion, and humor, Warner walks us through a new understanding of the role that middle school plays in all our lives. Part intellectual investigation and part call to action, this timely book unpacks one of life's most formative periods and shows how we can help our children not only survive it, but thrive"--

Foster dignity and respect and combat youth aggression This new edition from bestselling author Rosalind Wiseman is packed with the latest research-based strategies and revised to include all that she has learned while working over decades with young people. *Owning Up* provides the tools to own up and take responsibility for unethical behavior and to treat yourself and others with dignity. This bigger, comprehensive edition features:

- Three flexible, dynamic curricula separated by grade
- A new chapter on successfully implementing a social and emotional learning program in every school
- More games, role-playing activities, and provocative discussion questions to use in co-ed or single-sex groups
- Even more lessons and resources, updated to address social media, bystanding, and how young people can develop strong, healthy relationships with adults

A debut novel from the bestselling author of *Queen Bees and Wannabes!* Charlie Healy just wants a drama-free year, but it doesn't seem like she's going to get it. After surviving a middle school packed with mean girls, Charlie is ready to leave all that behind in high school. But then, on her very first day, she runs into her former best friend, Will, who moved away years ago. Now he's back, he's HOT, and he's popular. And he takes Charlie back into the danger zone of the popular crowd. But when a hazing prank goes wrong, Charlie has to decide where her loyalties lie.

Haley Madison, former geek, is determined to control her troublesome secret power. She's not going to let being psychokinetic get in the way of becoming super-popular at her new school. Too bad Haley isn't the only new girl in town - nor the only one with super-powers.

Offers girls help dealing with backstabbing, bullying, betrayal and other tough friendship problems through advice, quizzes, tips, and accounts of girls who have overcome their differences and strengthened their friendship.

The Spice Girls, Tank Girl comicbooks, Sailor Moon, Courtney Love, Grrl Power: do such things really constitute a unique "girl culture?" Catherine Driscoll begins by identifying a genealogy of "girlhood" or "feminine adolescence," and then argues that both "girls" and "culture" as ideas are too problematic to fulfill any useful role in theorizing about the emergence of feminine adolescence in popular culture. She relates the increasing public visibility of girls in western and westernized cultures to the evolution and expansion of theories about feminine adolescence in fields such as psychoanalysis, sociology, anthropology, history, and politics. Presenting her argument as a Foucauldian genealogy, Driscoll discusses the ways in which young women have been involved in the production and consumption of theories and representations of girls, feminine adolescence, and the "girl market."

What happens to *Queen Bees and Wannabes* when they grow up? Even the most well-adjusted moms and dads can experience peer pressure and conflicts with other adults that make them act like they're back in seventh grade. In *Queen Bee Moms & Kingpin Dads*, Rosalind Wiseman gives us the tools to handle difficult situations involving teachers and other parents with grace. Reassuring, funny, and unflinchingly honest, Wiseman reveals:

- Why PTA meetings and Back-to-School nights tap into parents' deepest insecurities
- How to recognize the archetypal moms and dads—from Caveman Dad to Hovercraft Mom
- How and when to step in and step out of your child's conflicts with other children, parents, teachers, or coaches
- How to interpret the code phrases other parents use to avoid (or provoke) confrontation
- Why too many well-meaning dads sit on the sidelines, and how vital it is that they step up to the plate
- What to do and say when the playing field becomes an arena for people to bully and dominate other kids and adults
- How to have respectful yet honest conversations with other parents about sex and drugs when your values are in conflict
- How the way you handle parties, risky behavior, and academic performance affects your child
- How unspoken assumptions about race, religion, and other hot-button subjects sabotage parents' ability to work together

*Queen Bee Moms & Kingpin Dads* is filled with the kind of true stories that made Wiseman's New York Times bestselling book *Queen Bees & Wannabes* impossible to put down. There are tales of hardworking parents with whom any of us can identify, along with tales of outrageously bad parents—the kind we all have to reckon with. For instance, what do you do when parents donate a large sum of money to a school and their child is promptly transferred into the honors program—while your son with better grades doesn't make the cut? What about the mother who helps her daughter compose poison-pen e-mails to yours? And what do you say to the parent-coach who screams at your child when the team is losing? Wiseman offers practical advice on avoiding the most common parenting "land mines" and useful scripts to help you navigate difficult but necessary conversations. *Queen Bee Moms & Kingpin Dads* is essential reading for parents today. It offers us the tools to become wiser, more relaxed parents—and the inspiration to speak out, act according to our values, show humility, and set the kind of example that will make a real difference in our children's lives. Also available as a Random House AudioBook and as an eBook

"My daughter used to be so wonderful. Now I can barely stand her and she won't tell me anything. How can I find out what's going on?" "There's a clique in my daughter's grade that's making her life miserable. She doesn't want to go to school anymore. Her own supposed friends are turning on her, and she's too afraid to do anything. What can I do?" Welcome to the wonderful world of your daughter's adolescence. A world in which she comes to school one day to find that her friends have suddenly decided that she no longer belongs. Or she's teased mercilessly for wearing the wrong outfit or having the wrong friend. Or branded with a reputation she can't shake. Or pressured into conforming so she won't be kicked out of the group. For better or worse, your daughter's friendships are the key to enduring adolescence—as well as the biggest threat to her well-being. In her groundbreaking book, *Queen Bees and Wannabes*, Empower cofounder Rosalind Wiseman takes you inside the secret world of girls' friendships. Wiseman has spent more than a decade listening to thousands of girls talk about the powerful role cliques play in shaping what they wear and say, how they respond to boys, and how they feel about themselves. In this candid, insightful book, she dissects each role in the clique: Queen Bees, Wannabes, Messengers, Bankers, Targets, Torn Bystanders, and more. She discusses girls' power plays, from birthday invitations to cafeteria seating arrangements and illicit parties. She takes readers into "Girl World" to analyze teasing, gossip, and reputations; beauty and fashion; alcohol and drugs; boys and sex; and more, and how cliques play a role in every situation. Each chapter includes "Check Your Baggage" sections to help you identify how your own background and biases affect how you see your daughter. "What You Can Do to Help" sections offer extensive sample scripts, bulleted lists, and other easy-to-use advice to get you inside your daughter's world and help you help her. It's not just about helping your daughter make it alive out of junior high. This book will help you understand how your daughter's relationship with friends and cliques sets the stage for other intimate relationships as she grows and guides her when she has tougher choices to make about intimacy, drinking and drugs, and other hazards. With its revealing look into the secret world of teenage girls and cliques, enlivened with the voices of dozens of girls and a much-needed sense of humor, *Queen Bees and Wannabes* will equip you with all the tools you need to build the right foundation to help your daughter make smarter choices and empower her during this baffling, tumultuous time of life.

Explores how fierce social competition among parents can affect a child's life, offering helpful advice on when to step in and out of a child's conflicts with others; analyzing the impact on a child of how a parent handles risky behavior, academic performance, sports, and parties; and explaining how unspoken assumptions about important issues can sabotage parents' ability to work together. Reprint. 50,000 first printing.

The author of *Queen Bees and Wannabes* decodes the inner lives of boys to reveal how parents can forge stronger connections with their sons, explaining how boys are more likely to hide their feelings and resist adult support.

"A guide for parents of girls ages 3 to 13"--Cover.

Red wolves are shy, elusive, and misunderstood predators. Until the 1800s, they were common in the longleaf pine savannas and deciduous forests of the southeastern United States. However, habitat degradation, persecution, and interbreeding with the coyote nearly annihilated them. Today, reintroduced red wolves are found only in peninsular northeastern North Carolina within less than 1 percent of their former range. In *The Secret World of Red Wolves*, nature writer T. DeLene Beeland shadows the U.S. Fish and Wildlife Service's pioneering recovery program over the course of a year to craft an intimate portrait of the red wolf, its history, and its restoration. Her engaging exploration of this top-level predator traces the intense effort of conservation personnel to save a species that has slipped to the verge of extinction. Beeland weaves together the voices of scientists, conservationists, and local landowners while posing larger questions about human coexistence with red wolves, our understanding of what defines this animal as a distinct species, and how climate change may swamp its current habitat.

Draws on three years of observation and conversation with a group of teenagers from a common American town to portray today's adolescents as a society unto themselves

Almost every woman has experienced bullying. Whether her role was that of victim, aggressor, or bystander, the pain of relational aggression (female bullying) lasts long after the incident has passed. In *Mean Girls Grown Up*, Cheryl Dellasega explores why women are often their own worst enemies, offering practical advice for a variety of situations. Drawing upon extensive research and interviews, she shares real-life stories from women as well as the knowledge of experts who have helped women overcome the negative effects of aggression. Readers will hear how adult women can be just as vicious as their younger counterparts, learn strategies for dealing with adult bullies, how to avoid being involved in relational aggression, and more. Dellasega outlines how women can change their behavior successfully by shifting away from aggression and embracing a spirit of cooperation in interactions with others.

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