

Moje knižní doporučení

Lisa Damour a Christina Jacobs:

Wenn Töchter erwachsen werden:

Was Mädchen in der Pubertät brauchen, Mnichov 2016.

Dr. John Duffy:

Parenting the New Teen in the Age of Anxiety: A Complete Guide to Your Child's Stressed, Depressed, Expanded, Amazing Adolescence, Miami 2019.

Dr. John Duffy:

The Available Parent: Expert Advice for Raising Successful, Resilient, and Connected Teens and Tweens, New York 2014.

Dr. med. Frances E. Jensen, Amy Ellis Nutt aj.:

Mozek teenagerů, přel. P. Štika, Praha 2015.