
**About the author:** Kaufman is a staff physician with the Division of Adolescent Medicine at The Hospital of Sick Children and associate professor, Department of Pediatrics, at the University of Toronto. She has been working with teens for over 18 years.

**Summary of contents:** The book is directed to both parents. A principle theme of this book is that parents should be familiar with symptoms of depression in their children. Fortunately, there are many treatment approaches—from pharmaceuticals to talk therapy—for depression, but parents need to be informed before making treatment decisions. Consultation with a physician experienced in the treatment of adolescent depression is advised. Choosing a good physician or mental health provider is critical to success. Kaufman adequately explains different treatment approaches—including alternative approaches to antidepressants (e.g., herbal medicines, light therapy, acupuncture). Pre-existing conditions that may lead to depression and/or suicide are explained, as are confounding conditions such as eating disorders and learning disabilities.

**About the Reviewer:** Aaron Pembroke has a B.S. in Accounting and is a former graduate student in Secondary Education at Northern Illinois University.