
**About the Authors:** Panzarine holds a Ph.D. in nursing from the University of Utah. She has worked in adolescent health in a variety of capacities, including pregnancy and parenting education and reviewed research on adolescent health for professional journals.

**Main topics of the book:**
- Tips and advice for parents living with an 11-14 year olds.
- Physical, emotional, and cognitive changes of early adolescence.
- Proper nutrition and physical activity for adolescents
- Peer pressure and its effects on young adolescents
- Need for independence, role experimentation, and participation in risk-taking behaviors
- Suggestions for parents to help make their adolescent’s middle school years successful and happy

**Author’s philosophy regarding effective parenting:** When parents are well educated about early adolescent health issues, they can more effectively assist their young teens. Panzarine emphasizes two key ingredients to a smooth transition from childhood to early adolescence: effective communication and parents’ involvement with their teenagers.

**About the Reviewer:** Lindsay Patterson holds a B.A. from Augustana College in Elementary Education and mathematics. She is a 6th grade teacher in Oswego, Illinois and is a former graduate student in Educational Psychology at Northern Illinois University.