
**Summary**: This is a survival handbook for coping with the social life of teenage daughters. Mothers today must help teens navigate the often scary, uncharted territory of an entirely new social world. This author teaches parents to “use their BRAIN” – Being flexible, Respectful, Attuned, Involved, and Noncontrolling – to build trust and maintain strong, loving connections with their daughters.

**Reviewed** by Marti Brown, a middle-school teacher and parent of teens in DeKalb, IL.