



# Preparing for Adolescence Family Guide & Workbook: How to Survive the Coming Years of Change

*Dr. James Dobson Ph.D*

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## **Preparing for Adolescence Family Guide & Workbook: How to Survive the Coming Years of Change**

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This workbook is designed to accompany and reinforce the best-selling book *Preparing for Adolescence* and/or the *Preparing for Adolescence Family Tape Pack*. The workbook contains 20 lessons, each approximately 10 minutes in length. These lessons are designed for one-on-one parent and child sessions. This workbook helps parents present the content of *Preparing for Adolescence* in a user-friendly way to the children. The Family Guide is purposefully designed to be a parent/child shared resource.

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