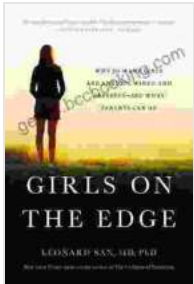


Why So Many Girls Are Anxious, Wired, and Obsessed



Girls on the Edge: Why So Many Girls Are Anxious, Wired, and Obsessed--And What Parents Can Do

by Leonard Sax

★★★★☆ 4.7 out of 5

Language : English
File size : 5331 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 252 pages



And What Parents Can Do

If you're a parent of a daughter, you've probably noticed that she's more anxious, wired, and obsessed than previous generations. This book explains why and offers solutions.

In *Why So Many Girls Are Anxious, Wired, and Obsessed*, author Lisa Damour draws on the latest research to explain the unique challenges that girls face today. She discusses the impact of social media, the pressure to succeed, and the rise of perfectionism. She also offers practical advice for parents on how to help their daughters cope with these challenges.

Damour's book is a must-read for any parent who wants to understand the challenges that their daughters face and help them thrive in today's world.

What's Inside the Book

- The latest research on the mental health of girls
- The impact of social media, the pressure to succeed, and the rise of perfectionism
- Practical advice for parents on how to help their daughters cope with these challenges

Praise for the Book

"*Why So Many Girls Are Anxious, Wired, and Obsessed* is a must-read for any parent who wants to understand the challenges that their daughters face and help them thrive in today's world."

- The New York Times

"Lisa Damour offers practical advice for parents on how to help their daughters cope with the unique challenges they face today."

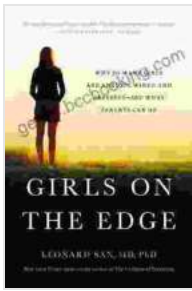
- The Washington Post

"*Why So Many Girls Are Anxious, Wired, and Obsessed* is a must-read for any parent who wants to help their daughter thrive."

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