



# **Trust Me, Mom--Everyone Else Is Going!: The New Rules for Mothering Adolescent Girls**

*Roni Cohen-Sandler*

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From "queen bees" to "gamma girls" to the "odd girl out," adolescent girls are all over the news. But whether a girl is popular or struggling to fit in, outgoing or reserved, her mother worries about how she is coping with her new, often scary, teenage social world: Who is she with, what is she really doing, is she safe and, of course, is she happy? In this essential survival guide, Roni Cohen-Sandler teaches parents to "use their BRAIN"—Be flexible, Respectful, Attuned, Involved, and Non-controlling—to build trust and help their daughters navigate these complex social waters. Addressing such issues as popularity, boyfriends, parties and partying, discipline, privacy, body image, and identity, Cohen-Sandler provides a new model for parenting adolescent daughters for today's generation of mothers.

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