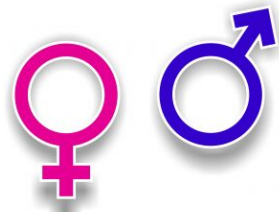
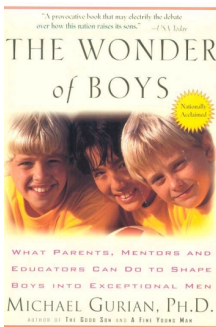


GENDER



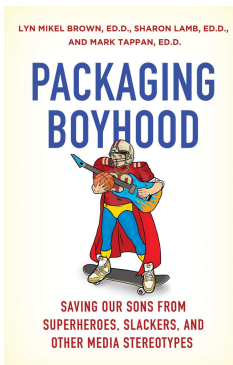
Raising a Son: Parents and the Making of a Healthy Man by Don and Jeanne Elium

This volume explores both sides of the nature vs. nurture argument. A strength of this book is that the authors illustrate how both mothers and fathers need to set limits for their sons and enforce those limits when necessary. They do this by citing examples and case studies, which will stir recognition in many families. Parents learn in this book that they, too, will have to undergo some self-examination and changes of attitude in dealing with their sons. The Eliums' book may not be the final say-so in child-rearing, but it's an interesting signpost along the way.



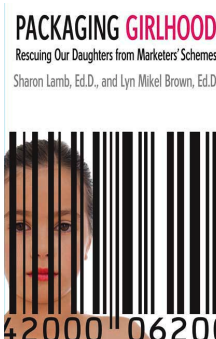
Wonder of Boys by Michael Gurian

Gurian urges that society learn how to deal creatively with innate gender-specific needs. He warns of the dangers of "enmeshing male development with a female culture in transition." Outlining biological differences, he explains that boys are "hard-wired" to possess certain traits. Because of male brain chemistry and the hormone testosterone, boys are apt, for example, to relish risk-taking and to be physically aggressive and competitive. What Gurian adds to this generally recognized background material is a persuasive summons to society, specifically parents, educators and communities, to unite to channel these traits in positive directions.



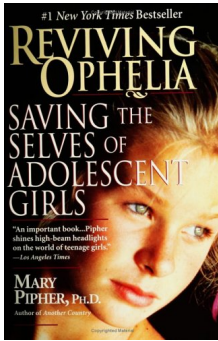
Packaging Boyhood: Saving Our Sons from Superheroes, Slackers, and Other Media Stereotypes by Sharon Lamb

Player. Jock. Slacker. Competitor. Superhero. Goofball. Boys are besieged by images in the media that encourage slacking over studying; competition over teamwork; power over empowerment; and being cool over being yourself. From cartoons to video games, boys are bombarded with stereotypes about what it means to be a boy, including messages about violence, risktaking, and perfecting an image of just not caring. This book gives parents advice on how to talk with their sons about these troubling images and provide them with tools to help their sons resist these messages and be their unique selves.



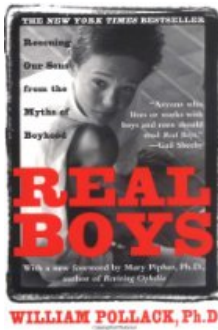
Packaging Girlhood: Rescuing Our Daughters from Marketers' Schemes by Sharon Lamb

That girls are overwhelmed by images of princesses, demure femininity and pink, pink, pink is no surprise. What is shocking is the downright bombardment girls receive from all forms of media. The book is incredibly readable and rises above others in the genre by giving parents concrete tools to help battle stereotypes. Lamb and Brown include lists of books and movies with positive role models and talking points to help your daughter recognize how she is being manipulated. The authors aren't trying to deny anyone princesses or pink; they just want girls to be knowledgeable enough to choose what will truly interest them.



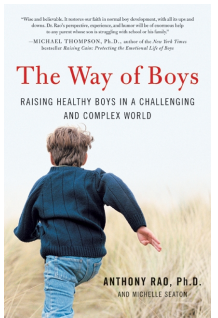
Reviving Ophelia by May Bray Pipher

At adolescence, says Mary Pipher, "girls become 'female impersonators' who fit their whole selves into small, crowded spaces." Many lose spark, interest, and even IQ points as a "girl-poisoning" society forces a choice between being shunned for staying true to oneself and struggling to stay within a narrow definition of female. Pipher's sketch of a tougher, more menacing world for girls often hits the mark. She offers some prescriptions for changing society and helping girls resist.



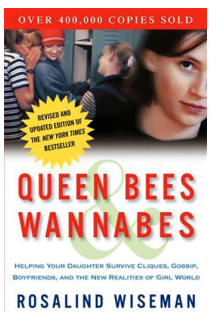
Real Boys' Voices by William Pollack

Pollack presents a candid, troubling and occasionally humorous snapshot of contemporary American boyhood in this follow-up to his bestselling *Real Boys*. Chapters cover such topics as friendship, sex, spirituality and renewal, parents, divorce, sports and violence. Pollack outlines a program for mentoring boys and redefining boyhood, from creating safe "shame-free" havens where they can open up to bully-proofing neighborhoods and schools. Practical and forceful, this is an important contribution to the growing body of commentary on helping boys navigate the rocky road to manhood.



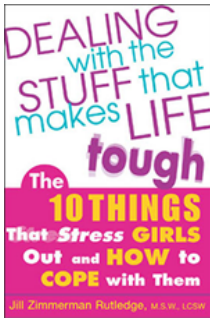
Way of Boys by Anthony Rao

Rao claims that very young boys are being misdiagnosed with disorders such as ADHD and Asperger's and are often unnecessarily treated with medications. He argues that many young boys who are perceived as "acting out" are engaging in behaviors that are healthy and normal. Rather than rush to label and diagnose, Rao recommends a wait-and-see approach, noting that many behavior problems are temporary developmental glitches. He offers strategies to help parents teach youngsters to communicate, socialize and manage emotions. This text is a resource for readers determining whether to seek a medical diagnosis and a prescription or opt for a behavioral plan and a strong dose of patience.



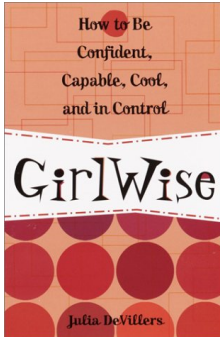
Queen Bees & Wannabes by Rosalind Wiseman

When Rosalind Wiseman first published *Queen Bees & Wannabes*, she fundamentally altered how adults understand girls' friendships, conflicts as well as their emotional lives. In this updated edition she also considers the impact of technology on girls' experiences, and she also discusses how their adolescent years shape future relationships and overall success. The book offers concrete strategies to help parents empower their daughters to be socially competent and treat themselves with dignity.



Dealing with the Stuff That Makes Life Tough : The 10 Things That Stress Teen Girls Out and How to Cope with Them by Jill Rutledge

Suitable for kids grades eight through ten, this book gives prescriptions for dealing with difficult situations. The chapters address relationships, drug addiction, stress, body image, parental divorce, insomnia, bullies, and having a crush on another girl, and the author offers several scenarios based on her years of experience as a psychotherapist. She encourages self-examination and taking action, including asking oneself questions and trying different remedies for problems.



GirlWise: How to Be Confident, Capable, Cool, and in Control

by Julia DeVillers

Teenage girls have all kinds of concerns from seemingly trivial ones such as how to say "hi" to more momentous occasions like the first job interview. This book covers a wide range of topics and situations with an overall intent of guiding girls toward becoming well-balanced young women. Hip and chatty in style, GirlWise encourages a self-confident, independent attitude that includes being considerate of others. It tells how to create one's own style without becoming a fashion zombie, how to appreciate and take sensible care of one's body, and how to deal with rejection. While body image is discussed, it is more in the vein of self-acceptance, diet, and exercise. This book does not venture into the realm of sexual issues.