

# Raising Cain Protecting The Emotional Life Of Boys Dan Kindlon

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 Reaching Boys, Teaching Boys

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## FOLEY TYRESE

*Hopes and Fears* Ballantine Books

Citing the pervasiveness of emotional violence in schools, a guide for parents and educators identifies ways in which schools unwittingly support hostile environments while explaining why listening to teens is a key to addressing all forms of violence. Reprint. 20,000 first printing.

*The Way of Boys* Harper Collins

In this New York Times–bestselling book, Dr. Daniel Siegel shows parents how to turn one of the most challenging developmental periods in their children’s lives into one of the most rewarding. Between the ages of twelve and twenty-four, the brain changes in important and, at times, challenging ways. In *Brainstorm*, Dr. Daniel Siegel busts a number of commonly held myths about adolescence—for example, that it is merely a stage of “immaturity” filled with often “crazy” behavior. According to Siegel, during adolescence we learn vital skills, such as how to leave home and enter the larger world, connect deeply with others, and safely experiment and take risks. Drawing on important new research in the field of interpersonal neurobiology, Siegel explores exciting ways in which understanding how the brain functions can improve the lives of adolescents, making their relationships more fulfilling and less lonely and distressing on both sides of the generational divide.

*Raising Cain* John Wiley and Sons

*Gender & Mental Health* is an exciting textbook written from a policy perspective. Based on up-to-date information from Europe and the United States, it focuses not only on the individual experience of mental disorder for both men and women, but also on a range of mental health policy issues, including law and crime. It will be extremely useful to a broad range of students (sociology, social policy and gender studies) and professionals (social work, nursing, legal and medical).

*Homesick and Happy* Ballantine Books

My eight-year-old son is the only boy in his class who doesn't have a Gameboy. I don't want him to be ostracized for not having one, but I worry that it's addictive. What do you think? Our two sons are eleven and fourteen, and they are fiercely competitive. The tension around our house is awful. How can we help them get along better? We've worked very hard to keep our ten-year-old son in touch with his feelings. Sometimes it seems as if we've put him at a disadvantage, surrounded by tougher boys who can be pretty cruel with teasing. How can we help him protect himself when other boys start to tease? With his bestselling book *Raising Cain*, Michael Thompson, Ph.D., at last broke the silence surrounding the emotional life of boys and spearheaded an important national debate. His warmth and humor quickly made him a popular and respected international speaker and consultant. Now he directs his authority, insight, and eloquence to answering your questions about raising a son. With candid questions and thoughtful, detailed responses, *Speaking of Boys* covers hot-button topics such as peer pressure, ADHD/ADD, and body image as well as traditional issues such as friendship, divorce, and college and career development. This perceptive, informative, and passionate book will leave you not only with useful, practical advice but also with the comforting knowledge that other parents share the same concerns you do when it comes to raising our boys into well-adjusted, responsible men.

*It's a Boy!* Moody Publishers

Friends broaden our children’s horizons, share their joys and secrets, and accompany them on their journeys into ever wider worlds. But friends can also gossip and betray, tease and exclude. Children can cause untold suffering, not only for their peers but for parents as well. In this wise and insightful book, psychologist Michael Thompson, Ph.D., and children’s book author Catherine O’Neill Grace, illuminate the crucial and often hidden role that friendship plays in the lives of children from birth

through adolescence. Drawing on fascinating new research as well as their own extensive experience in schools, Thompson and Grace demonstrate that children’s friendships begin early—in infancy—and run exceptionally deep in intensity and loyalty. As children grow, their friendships become more complex and layered but also more emotionally fraught, marked by both extraordinary intimacy and bewildering cruelty. As parents, we watch, and often live through vicariously, the tumult that our children experience as they encounter the “cool” crowd, shifting alliances, bullies, and disloyal best friends. *Best Friends, Worst Enemies* brings to life the drama of childhood relationships, guiding parents to a deeper understanding of the motives and meanings of social behavior. Here you will find penetrating discussions of the difference between friendship and popularity, how boys and girls deal in unique ways with intimacy and commitment, whether all kids need a best friend, why cliques form and what you can do about them. Filled with anecdotes that ring amazingly true to life, *Best Friends, Worst Enemies* probes the magic and the heartbreak that all children experience with their friends. Parents, teachers, counselors—indeed anyone who cares about children—will find this an eye-opening and wonderfully affirming book.

*Raising Cain* Hachette UK

Here’s sensible advice and caring encouragement on raising boys from the nation’s most trusted parenting authority, Dr. James Dobson. With so much confusion about the role of men in our society, it’s no wonder so many parents and teachers are asking questions about how to bring up boys. Why are so many boys in crisis? What qualities should we be trying to instill in young males? Our culture has vilified masculinity and, as a result, an entire generation of boys is growing up without a clear idea of what it means to be a man. In the runaway bestseller *Bringing Up Boys*, Dr. Dobson draws from his experience as a child psychologist and family counselor, as well as extensive research, to offer advice and encouragement based on a firm foundation of biblical principles.

*Gender and Mental Health* Penguin

Everywhere you look, physical play—what some might call “roughhousing”—is being marginalized. Gym classes are getting shorter. Recess periods are being eliminated. Some new schools don’t even have playgrounds. Is it any wonder children retreat to “virtual horseplay” via video games? But Drs. Anthony T. DeBenedet and Lawrence J. Cohen are here to shake things up—literally! With *The Art of Roughhousing*, they show how rough-and-tumble play can nurture close connections, solve behavior problems, boost confidence, and more. Drawing inspiration from gymnastics, martial arts, ballet, traditional sports, and even animal behavior, the authors present dozens of illustrated activities for children and parents to enjoy together—everything from the “Sumo Dead Lift” to the “Rogue Dumbo.” These delightful games are fun, free, and contain many surprising health benefits for parents. So put down those electronic games and get ready to rumble!

*Raising Cain: Protecting the Emotional Life of Boys* Ballantine Books

Now available in paperback is a bold, fresh, and timely work that “offers parents humor, understanding, parenting philosophy, and well-founded pearls of wisdom.” --Michael G. Thompson, Ph.D., coauthor of *Raising Cain* Mary Pipher told us about the problems girls face in *Reviving Ophelia*; now in *Girls Will Be Girls*, JoAnn Deak gives us the solutions. Deak looks past the “scare” stories to those that enlighten parents and enable them to empower girls. She draws from the latest brain research on girls to illustrate the exciting new ways in which we can help our daughters learn and thrive. Most telling of all, she gives us the voices of girls themselves as they struggle with body image, self-esteem, intellectual growth, peer pressure, and media messages. The result is a masterly book that addresses the key issues for girls growing up; one that fulfills a desperate need for clear guiding principles to help mothers, fathers, and their daughters navigate this chaotic contemporary culture.

*Smart but Scattered* Simon and Schuster

There’s nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your



"smart but scattered" 4- to 13-year-old might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"--the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. Small changes can add up to big improvements--this empowering book shows how. See also the authors' Smart but Scattered Teens and their self-help guide for adults. Plus, an academic planner for middle and high school students and related titles for professionals.

*Raising Cain* Raising Cain

From the New York Times bestselling co-author of *Raising Cain*, *It's a Boy!* is the first major parenting book to chart every stage of a boy's life. This upbeat, authoritative, and reassuring guide--written by psychologist Michael Thompson, Ph.D., a leading international expert on boys' development, and journalist Teresa H. Barker--shows how a boy's inner life progresses through infancy, childhood, and adolescence. What do boys actually need? How exactly does a healthy boy look and act? *It's a Boy!* has the answers, providing expert advice on the developmental, psychological, social, and academic life of boys from infancy through the teen years. Exploring the many ways in which boys strive for masculinity and attempt to define themselves, Dr. Thompson identifies the key developmental transitions that mark a boy's psychological growth and emotional health, and the challenges both boys and parents face at each age. • *Expecting a Boy*: how our deeply held hopes, fears, and family histories shape our expectations of boys and our parenting techniques • *Baby Boys* (birth to 18 months): falling in love with your son, healthy attachment, trust, and temperament • *Toddler Years* (18 months to 3 years): boys on the go, bold steps, blankies, budding language, and rambunctious physicality • *Powerful Little Boys* (ages 3 and 4): superhero ambitions, penis play and potty talk, learning to manage the force of his anger, and celebrating the power of the boy group • *Starting School* (ages 5 through 7): developmental cues for school readiness, transitional challenges, girl cooties and boys-only play, tough talk, tender hearts, and first friends • *Boys on a Mission* (ages 8 through 10): striving for mastery in sports, screen games, and boy society, organizing the boy brain for school success, and glaring academic gender gaps • *The Preteen* (ages 11 through 13): puberty, posturing and popularity, the culture of cruelty, hidden sensitivity, and stoic silence in the middle school years • *Early High School* (ages 14 and 15): the secret life of boys, powerful peer groups, sexuality, school strategies, the shift away from Mom (she knows too much), and yearning for Dad's respect and attention • *On the Brink of Manhood* (ages 16 through 18): the quest for independence, sex, love, driving, drinking, and other choices and challenges of life Practical, insightful, wonderfully engaging, and filled with instructive true stories any parent of a son will recognize, *It's a Boy!* is the definitive guide to raising boys in today's world, revealing with humor, compassion, and joy all the infinite varieties of boys and the deep and profound ways in which we love them.

Tyndale House Publishers, Inc.

Empower teens to take charge of their digital lives. Without avoiding the dark side of technology, *Slaying Digital Dragons* empowers teens to take charge of their digital life and improve their mental health and well-being. Quizzes and exercises guide readers through the process of evaluating their relationships with their screens, social media, and tech in general. With a frank and humorous approach to a timely topic, award-winning author Alex J. Packer, Ph.D., pulls back the curtain on the hidden aspects of the digital world and shares: Signs that screen time is affecting teens' bodies, brains, and relationships Tips for protecting their privacy, safety, and reputation Ways social media and algorithms can distort their reality and sense of self Tools for finding life balance and resetting their screen scene *Slaying Digital Dragons* is a call to action to make the choices that are right for teens. It doesn't demand ditching smartphones or deactivating social media. Instead, it suggests strategies for playing favorite games and posting on favorite apps, while also doing good in the world and bringing joy and encouragement to others. It invites readers to join the resistance and learn how to thwart the manipulative forces trying to control and profit off their users. And it gives teens what they need to stay safe and take charge of their digital life.

**Reviving Ophelia** Guilford Press

A friendly and practical guide to the stages and issues in boys'--? development from birth to manhood. From award-winning psychologist Steve Biddulph comes an expanded and updated edition of *RAISING BOYS*, his international best seller published in 14 countries. His complete guide for parents, educators, and relatives includes chapters on testosterone, sports, and how boys' and girls' brains differ. With gentle humor and proven wisdom, *RAISING BOYS* focuses on boys' unique developmental needs to help them be happy and healthy at every stage of life.

*Best Friends, Worst Enemies* Quirk Books

New York Times Bestseller "Julie Lythcott-Haims is a national treasure. . . . A must-read for every parent who senses that there is a healthier and saner way to raise our children." -Madeline Levine, author of the New York Times bestsellers *The Price of Privilege* and *Teach Your Children Well* "For parents who want to foster hearty self-reliance instead of hollow self-esteem, *How to Raise an Adult* is the right book at the right time." -Daniel H. Pink, author of the New York Times bestsellers *Drive* and *A Whole New Mind* A provocative manifesto that exposes the harms of helicopter parenting and sets forth an alternate philosophy for raising preteens and teens to self-sufficient young adulthood In *How to Raise an Adult*, Julie Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean to highlight the ways in which overparenting harms children, their stressed-out parents, and society at large. While empathizing with the parental hopes and, especially, fears that lead to overhelping, Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success. Relevant to parents of toddlers as well as of twentysomethings-and of special value to parents of teens-this book is a rallying cry for those who wish to ensure that the next generation can take charge of their own lives with competence and confidence.

*Raising An Emotionally Intelligent Child* Celestial Arts

The push for students to excel at school and get into the best colleges has never been more intense. In this invaluable new book, the bestselling co-author of *Raising Cain* addresses America's performance-driven obsession with the accomplishments of its kids--and provides a deeply humane response. "How was school?" These three words contain a world of desire on the part of parents to know what their children are learning and experiencing in school each day. Children may not divulge much, but psychologist Michael Thompson suggests that the answers are there if we know how to read the clues and--equally important--if we remember our own school days. School, Thompson reminds us, occupies more waking hours than kids spend at home; and school is full not just of studies but of human emotion--excitement, fear, envy, love, anger, sexuality, boredom, competitiveness. Through richly detailed interviews, case histories, and student e-mail journals,

including those of his own children, Thompson illuminates the deeper psychological journey that school demands, a journey that all children must take in order to grow and develop, whether they are academic aces or borderline dropouts. Most of us remember this journey, if we are honest with ourselves, but our children must experience it in their own way, for better or worse. In stories that are by turns poignant, shocking, uplifting, and inspiring, we see students grapple with the textured reality of their lives, devising their own unique strategies to survive and thrive in school. For parents, this book reveals the hidden emotional landscape of the school day and points toward the answers we both desire and dread as we seek to help our children find success in school and beyond. Bridging the worlds of the growing and the grown-up, and told in Thompson's compassionate voice as both psychologist and father, *The Pressured Child* shows us how to listen for the truth of our children's experience--and how to trust, love, and ultimately let go of a child. It is a crucial book for our stressful age--and an ideal resource for families struggling to survive it.

*How To Raise A Boy* Harmony

Playing off the themes in the Caldecott Medal-winning children's book *Where the Wild Things Are*, this informative, practical, and encouraging guide will help parents guide boys down the path to healthy and authentic manhood. *Wild Things* addresses the physical, emotional, and spiritual parts of a boy, written by two therapists who are currently engaged in clinical work with boys and their parents and who are also fathers raising five sons. Contains chapters such as "Sit Still! Pay Attention!" "Deficits and Disappointments," and "Rituals, Ceremonies, and Rites of Passage."

*Brainstorm* Ballantine Books

*Intelligence* That Comes from the Heart Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. *Raising an Emotionally Intelligent Child* is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. *Raising an Emotionally Intelligent Child* will equip parents with a five-step "emotion coaching" process that teaches how to: \* Be aware of a child's emotions \* Recognize emotional expression as an opportunity for intimacy and teaching \* Listen empathetically and validate a child's feelings \* Label emotions in words a child can understand \* Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation Written for parents of children of all ages, *Raising an Emotionally Intelligent Child* will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

*Speaking of Boys* Ballantine Books

A landmark book that reveals the way boys think and that shows parents, educators and coaches how to reach out and help boys overcome their most common and difficult challenges -- by the bestselling author who changed our conception of adolescent girls. Do you constantly struggle to pull information from your son, student, or athlete, only to encounter mumbling or evasive assurances such as "It's nothing" or "I'm good?" Do you sense that the boy you care about is being bullied, but that he'll do anything to avoid your "help?" Have you repeatedly reminded him that schoolwork and chores come before video games only to spy him reaching for the controller as soon as you leave the room? Have you watched with frustration as your boy flounders with girls? Welcome to Boy World. It's a place where asking for help or showing emotional pain often feels impossible. Where sports and video games can mean everything, but working hard in school frequently earns ridicule from "the guys" even as they ask to copy assignments. Where "masterminds" dominate and friends ruthlessly insult each other but can never object when someone steps over the line. Where hiding problems from adults is the ironclad rule because their involvement only makes situations worse. Boy world is governed by social hierarchies and a powerful set of unwritten rules that have huge implications for your boy's relationships, his interactions with you, and the man he'll become. If you want what's best for him, you need to know what these rules are and how to work with them effectively. What you'll find in *Masterminds and Wingmen* is critically important for every parent -- or anyone who cares about boys -- to know. Collaborating with a large team of middle- and high-school-age editors, Rosalind Wiseman has created an unprecedented guide to the life your boy is actually experiencing -- his on-the-ground reality. Not only does Wiseman challenge you to examine your assumptions, she offers innovative coping strategies aimed at helping your boy develop a positive, authentic, and strong sense of self.

**The Wonder of Boys** Henry Holt and Company

"Clinical psychologist Price offers one of the most significant books of the year in this new look at an old problem--the underperforming teenage boy... Price's book brings an important voice to a much needed conversation." --Library Journal (Starred review) On the surface, capable teenage boys may look lazy. But dig a little deeper, writes child psychologist Adam Price in *He's Not Lazy*, and you'll often find conflicted boys who want to do well in middle and high school but are afraid to fail, and so do not try. This book can help you become an ally with your son, as he discovers greater self-confidence and accepts responsibility for his future.

*Raising Cain* Cambridge University Press

At a time when many boys are in crisis, a much-needed roadmap for helping boys grow into strong and compassionate men Over the past two decades there has been an explosion of new studies that have expanded our knowledge of how boys think and feel. In *How to Raise a Boy*, psychologist Michael Reichert draws on his decades of research to challenge age-old conventions about how boys become men. Reichert explains how the paradigms about boys needing to be stoic and "man like" can actually cause them to shut down, leading to anger, isolation, and disrespectful or even destructive behaviors. The key to changing the culture lies in how parents, educators, and mentors help boys develop socially and emotionally. Reichert offers readers step-by-step guidance in doing just this by: Listening and observing, without judgment, so that boys know they're being heard. Helping them develop strong connections with teachers, coaches, and other role models Encouraging them to talk about their feelings about the opposite sex and stressing the importance of respecting women Letting them know that they don't have to "be a man" or "suck it up," when they are experiencing physical or emotional pain. Featuring the latest insights from psychology and neuroscience, *How to Raise a Boy* will help those who care for young boys and teenagers build a boyhood that will enable them to grow into confident, accomplished and kind men.

**Are My Kids on Track?** Tyndale House Publishers, Inc.

Nerves make us bomb job interviews, first dates, and SATs. With a presentation looming at work, fear robs us of sleep for days. It paralyzes seasoned concert musicians and freezes rookie cops in tight situations. And yet not everyone cracks. Soldiers keep their heads in combat; firemen rush into burning buildings; unflappable trauma doctors juggle patient after patient. It's not that these people feel no fear; often, in fact, they're riddled with it. In *Nerve*, Taylor Clark draws upon cutting-edge science and painstaking reporting to explore the very heart of panic and poise. Using a wide range of case studies, Clark overturns the popular myths about anxiety and fear to explain why some people thrive under pressure, while others falter--and how we can go forward with steadier nerves and increased confidence.