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scientific approach to a universal human endeavor. The authors clearly have an understanding of the human anatomy, developmental psychology and neurology that far exceeds that of their target audience.

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a number of commonly held \(\) myths about adolescence — for example, that it is merely a stage of "immaturity" filled with often "crazy" behavior — to reveal how it is in fact a vital time in our lives in terms of charting the course for the adults we ultimately become.

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Inside Out" from her observations about the developmental needs and experiences of mothers in recovery. Contrary to many approaches that focus on the child's needs and developmental stages, hers begins in a different place: with the parent.

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personal growth. Parents who take the time to practice the principles put forward in this book and who learn about themselves along the way will find their relationships with their children deepening, even when the children are still very young.

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