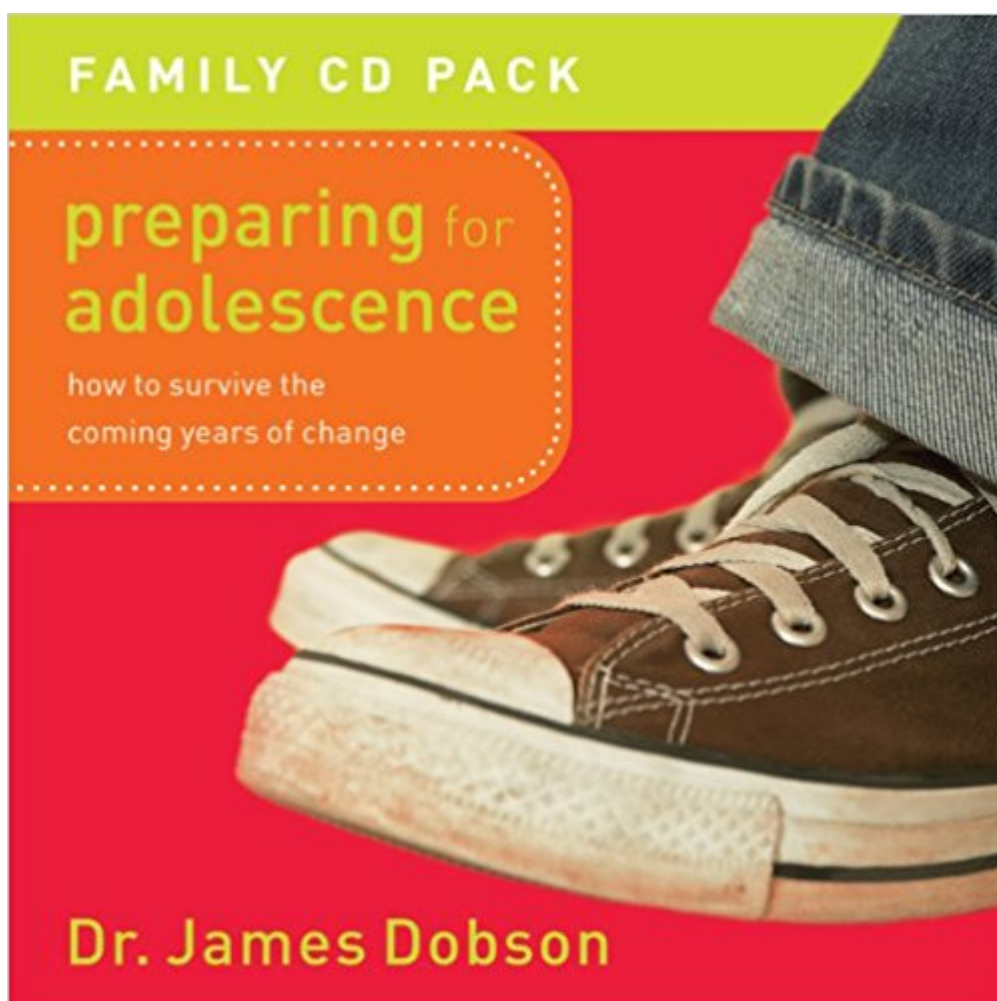


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# Preparing For Adolescence CD Pack: How To Survive The Coming Years Of Change



## Synopsis

The Preparing for Adolescence Family Tape Pack contains two parent tapes with a message from Dr. Dobson regarding the use of the material as well as six additional tapes that contain the content of the best-selling paperback book *Preparing for Adolescence*. The tapes can be used as an audio replacement for the book content when desired.

## Book Information

Audio CD

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Product Dimensions: 1 x 5.5 x 5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 44 customer reviews

Best Sellers Rank: #1,156,673 in Books (See Top 100 in Books) #76 in Books > Books on CD > Health, Mind & Body > Sexuality #869 in Books > Books on CD > Religion & Spirituality > Christianity #1179 in Books > Christian Books & Bibles > Education > Adult

## Customer Reviews

JAMES C. DOBSON, Ph.D. is founder and chairman of the board for Focus on the Family. His internationally syndicated radio program, Focus on the Family, is heard daily by more than 200 million people. Dr. Dobson is featured in *Who's Who in Medicine and Healthcare*, and has authored many best-selling books including, *Emotions: Can You Trust Them?* and *Preparing for Adolescence*. He and his wife, Shirley, have two grown children and reside in Colorado.

I bought this for my oldest son who is 10 (going on 17) This series was recommended to me through Dr Dobson's book, *The Strong Willed Child*. The C.D.'s have a total of 8 topics (including one introduction for the parents only). We used this as our puberty talk in our 5th grade class. CD 1: Was an overview of how to use the series along with some tips on how to handle and approach the topics. I found this particular CD a little drawn out, but past that the remaining ones were phenomenal. CD 2: Canyon of Inferiority was awesome. I recommend this for every child around the age 9-10. Dr Dobson explains self image, and self worth in a down to earth easy to understand method that appeals to both child and adult. He goes on to explain how this phase in young peoples

life can effect their esteem and good tips to prepare for the bumps ahead. I think this was both helpful as a preventative measure as well as a healing balm for those who have ever experienced teasing and bullying among their peers. It covers a topic that isn't often discussed during adolescent years, although it definitely should. If nothing else came in this series this one disc would absolutely worth the purchase. CD 3: Conformity in Adolescence- This topic covered peer pressure and breaks down the control that wanting to be "excepted" and "fit in" can hold on us. With again great tips on how to navigate the path to come, and a clear easy to listen to format that informs our younger generation of what they can expect, why, and tips to handle it. CD 4: Explanation of Puberty- Was very scientific and technical, Dobson does answer the down and gritty details of Puberty that my son was curious about. It covered all areas: physical, hormonal, and emotional. This topic did go into some great detail. The disc did cover some touchy topics (I'm not sure if I can say it on here) I found the information and methods very helpful, but I highly recommend you listen to this specific CD ahead of time and decide for yourself what you will choose for you family. All four of the first CD's I found appropriate and suitable for my 10 year old son (as well as older teens). HOWEVER, I have listened to CD five and while accurate and fantastic detail is emphasized on the meaning of love and great advice on growing lasting relationships, it was a bit lengthy and perhaps over his head. I recommend this for age 15 or so (well see when my kids reach that age)

Great for starting essential conversations with your kids. I use these CDs in car with my 11-year-old. I pause the CD and we talk about what Dr. Dobson says. My only real criticisms are these: Dr. Dobson uses language that goes way over the head of most pre-teens (for example, he used the word guffaw at one point. Guffaw? Really?). The other thing is that the material is dated. The recording were probably done in the 70's--and it's pretty obvious sometimes. An updated version with someone using more common language would make this product better. But, overall, if you want to start the conversation about sex, self-esteem, peer pressure, drugs, with your kids, these CDs will help get you started.

Dobson set the standard. Although the recordings show their age in terms of quality the message and material is invaluable. Even if you aren't sold out for Christ, your kids deserve to be made aware of the issues discussed here. Adolescence can be a very hard confusing period. These CD's cover many critical items that are sure to be helpful.

I bought this back when my son was 9 years old. He and I listened to the whole series throughout

many sessions. I loved the way Dr. Dobson explained everything for children to understand. My son enjoyed listening to Dr. Dobson as well cause he was really taking in everything. He is now 15 years old and I will tell you that he didn't go through that awkward, self-conscious phase cause he already knew that all those changes are all normal and everyone goes through that. I highly recommend purchasing this whole series because parents and children will benefit from it.

I purchased this to prepare myself for the talk I will be having with my daughter. I have enjoyed the CD's and I know they will be very helpful to making the process of adolescence easier. I love Dr. Dobson, he has so much wisdom. His broadcast, Family Talk, has also helped me tremendously to raise my daughters God's given way.

Excellent way to prepare your early teen for the emotional, psychological changes and struggles that teens face. Many of the sessions have nothing to do with the typical teen preparation content, so there is a lot of extra value in these sessions. As a parent, I learned a lot about the normal struggle children have with deep and troubling levels of insecurity during these years, the powerful impact of conformity and how to proactively understand and deal with it, and the way teens inaccurately define love. The sessions also provide ways to handle these struggles for both teen and parent. As a Sunday School teacher for junior high students, these sessions were invaluable to me in my ministry to them. I took my daughter away for a one-night bed-and-breakfast mini vacation, during which we listened to these lessons. That get-away was a birthday present, and now 4 years later she still speaks of it being one of the highlights of all her childhood. I personally recommend that parents have their children listen to these when they are 11 years old or early 12. This will help the child to be fully prepared for the onslaught of junior high years and later. Anyone who ministers to young people today should listen to these sessions! Highly recommend it!

Great way to introduce your children/teens to sex and what to expect from their bodies...while keeping God in the forefront of it all. Depending on if it's a girl/boy -- my hub or I take the opportunity to go on a road trip somewhere fun with them and listen to the CDs on the way there.

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