



Misión imposible: cómo comunicarnos con los adolescentes (Spanish Edition)

Alexis Schreck Schuler, Martha Páramo

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S.O.S. Tengo un hijo adolescente.

Un libro que todo padre de familia que quiera comunicarse y ayudar a sus hijos debe leer.

La adolescencia no es una etapa fácil, ni para los hijos que la sufren ni para la familia que los rodea. Las autoras de este libro proponen dos caminos: entender el proceso de construcción de identidad del adolescente (y sus cambios emocionales, hormonales, corporales e intelectuales); y garantizar la comunicación y el apoyo que ellos necesitan.

Misión imposible: cómo comunicarnos con los adolescentes pone especial atención en los procesos de separación y autonomía del adolescente y enseña a transitar por esta etapa enfrentando los desafíos como padres. Es también una guía para comprender el rol que los padres juegan en sus historias, sus problemas más comunes y cómo darles las herramientas para superarlos.

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