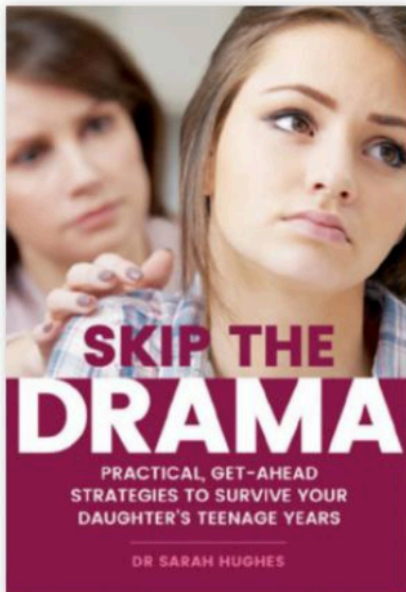


# Book Reviews



## SKIP THE DRAMA

By Dr Sarah Hughes, PhD

The teen years can be filled with drama, from theatrically adventurous outfits to emotional meltdowns, show-stopping social media calamities to episodes of depression and even self-harm. Young women are vulnerable but often shun help. Find out how to be there when your budding woman-in-the-making needs you (even if they are convinced they don't).

Top specialist psychologist Dr Sarah Hughes delivers new, practical, immediate strategies for parents of potentially difficult, rebellious or irresponsible teenage daughters. Dr Hughes has modern, helpful advice and tips for every situation, whether your teenage girl is selfish, procrastinating, dieting, on social media, going to parties where there might be drugs and alcohol or just won't get off her mobile phone.

*Skip the Drama* also covers heavy issues such as depression, sex, body confidence and self-harm, so caregivers will be equipped to face any problems

that come from living with and parenting a stressful teenager. Supported by real-life examples, studies and the latest research into the adolescent brain, Hughes' solutions will help parents raise a stubborn, reckless or challenging teenager into a well-adjusted, respectful and self-sufficient young woman. Chapters within the book include:

- When Your Daughter's Selfish
- When Your Daughter's a Procrastinator
- When Your Daughter Wants to Diet
- When Your Daughter's a Drama Queen
- When Your Daughter Won't Get Off Her Phone
- When Your Daughter Starts Going to Parties
- When Your Daughter's Struggling with Body Confidence
- When Your Daughter's Wardrobe Starts to Change
- When Your Daughter Gets a Boyfriend (and you're worried about her having sex)
- When Your Daughter's the Queen of Dodging Responsibility
- When Your Daughter Wants to Use Social Media
- When Your Daughter's Moody (and possibly depressed)
- When Your Daughter's Cutting (or she knows someone who is)

Dr Sarah Hughes completed her clinical training at The University of Sydney and holds a Doctorate in Clinical Psychology and a PhD in Child and Adolescent Anxiety Disorders. Sarah is the founder of Think Clinical Psychologists and has 10 years of clinical experience.

**RRP \$29.99, [exislepublishing.com](http://exislepublishing.com)**

## STOP TALKING. START INFLUENCING: 12 INSIGHTS FROM BRAIN SCIENCE TO MAKE YOUR MESSAGE STICK

By Dr Jared Cooney Horvath, PhD, MED

Whether it's leading a team, delivering a presentation, coaching

an athlete, teaching a class or raising a child — we devote time every day to passing along knowledge to others. The problem is, very few of us have ever been taught how to influence effectively. Many of us make simple blunders simply because we don't understand how the brain takes in information and the essential ingredients required to commit concepts to memory.

In this new book, neuroscientist Dr Jared Cooney Horvath outlines 12 scientific principles of how people learn and remember. From myths about multitasking to the important role of errors, Jared combines cutting-edge brain research with proven behavioural science to demonstrate how to impart knowledge in a way that truly sticks with and impacts others.

Dr Jared Cooney Horvath (PhD, MEd) is a neuroscientist and educator with expertise in human learning, memory and brain stimulation.

**RRP \$34.99, [exislepublishing.com](http://exislepublishing.com)**

