



# Boy Crazy!:: Keeping Your Daughter's Feet on the Ground When Her Head is in the Clouds

*Charlene C. Giannetti, Margaret Sagarese*

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The course of teen love never did run smooth, but these days it seems bumpier than ever. Children are growing up faster and pushing the boundaries of sexuality earlier, as well as facing new kinds of pressures most parents have never even dreamed of.

You cannot shut down your daughter's hormones. What she is feeling—the thrill of romantic anticipation and the euphoria of falling in love—is biologically programmed and age appropriate. But watching your daughter discover boys is both exciting and scary. Before you lies a major challenge: helping your daughter navigate the oncoming rush of romance during the young adolescent and teen years.

*Boy Crazy!* shows you how to recognize and remember what your daughter is going through—the excitement of a first date, the throes of a first crush, or the pain of a first broken heart. It also gives you insight into what teen love is like today, and helps you establish yourself as your family's authority on relationships—no longer will daughters feel starved for guidance and forced to turn to the suspect guidance of the media or peers.

Learning how to enjoy romance and build healthy relationships are some of the most important skills to have throughout our lives. This book is a blueprint to understanding and helping your coming-of-age daughter start to develop those skills.

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