



Adolescencia: cómo entender a tu hijo (Spanish Edition)

Juan Pablo Arredondo

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Es común que durante la adolescencia nazca una enemistad entre padres e hijos. Los padres de familia padecen esta etapa y libran grandes batallas. El autor propone que cada uno de los implicados comprenda que no son enemigos sino integrantes de un mismo equipo, con una meta en común: lograr el sano desarrollo integral del adolescente, tanto físico, mental, como emocional.

A partir de la experiencia del psicólogo y terapeuta familiar, Juan Pablo Arredondo (y el éxito que han tenido sus anteriores libros *Límites y berrinches* y *Hablemos de sexo con los niños*) ahora invita a que los padres reflexionen sobre la actitud de los jóvenes y estén conscientes de cómo viven sus hijos los cambios propios de esta edad, que constituyen los principales desafíos que enfrentan: que piensan, sienten y los motiva a vivir en la era digital.

“No es el típico libro que te enseña todo sobre la adolescencia, al contrario, Juan Pablo Arredondo sabe que siempre son mejores las pequeñas dosis de información, renovadas, sencillas y con ejemplos de casos verdaderos. Por eso prefiere abordar la adolescencia desde distintos cuestionamientos actuales, tales como el internet, las redes sociales, el bullying y la bisexualidad, entre otros asuntos. Temas que antes casi no se tocaban: porque no existían o por ser tabú.

Y no me dejarán mentir, tal vez todos llevamos un adolescente dentro de nosotros, sólo que quizá menos complicado que el que está ahora en la sala con su novio o novia, o chateando en la computadora”.

Martha Debayle

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