



# Why Girls Talk--and What They're Really Saying

*Susan Morris Shaffer, Linda Perlman Gordon*

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**Helps parents cut through the drama of teenage daughters and maintain positive emotional connections**

Because adolescent girls tend to talk so much, parents often assume that girls are easier to communicate with than boys. In reality, much of what teenage girls say is the opposite of a healthy expression of emotion--often taking the form of fighting, brooding hostility, or, at times, overinvolvement. While recent bestsellers such as *Queen Bees* and *Odd Girl Out* explore the social and psychological pressures that inform teenage girls' behavior, they provide little or no guidance on how to manage the communication problems that develop between parents and their daughters.

*Why Girls Talk--and What They're Really Saying* does that and much more. Based on the authors' years of clinical and research experience, it:

- Deconstructs the ways girls communicate with their parents--especially mothers
- Arms parents with tools for cutting through the chatter and drama and getting at what their daughters are really saying
- Helps moms and dads to avoid becoming overinvolved in their daughters lives and to set healthy boundaries

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