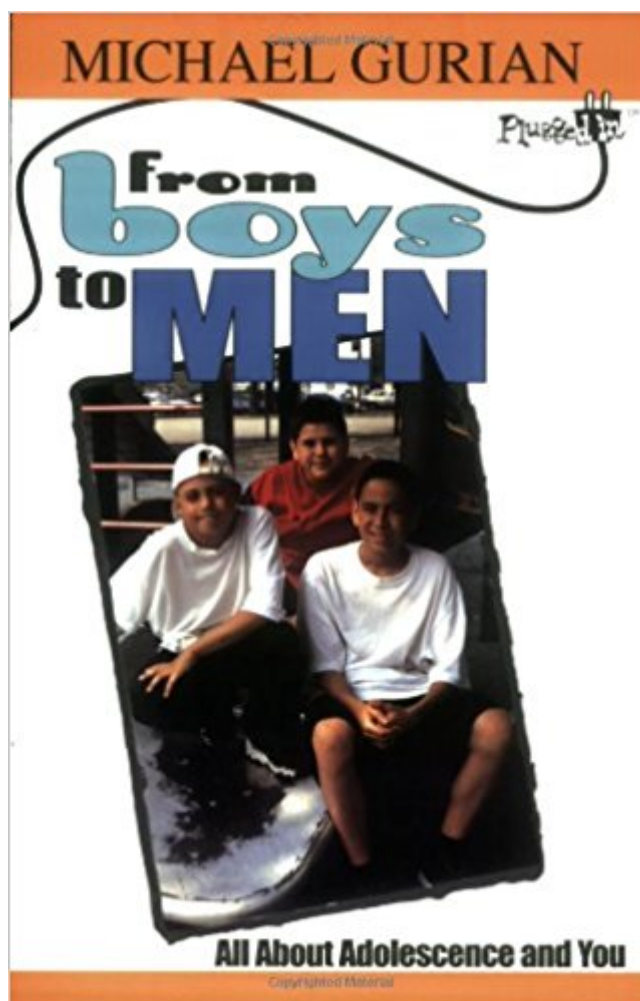


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# From Boys To Men: All About Adolescence And You (Plugged In)



## Synopsis

When it comes to puberty, boys don't ask their friends (who are as clueless as they are) and they won't ask their parents. So where can they turn to Michael Gurian's straightforward guide that answers the questions on every boy's mind. Why am I growing so much more slowly than my friends? Why do girls seem so different? Why do I suddenly care? Face it, adolescence can be awfully confusing. But help is only a turn of the page away with this reassuring, no-holds-barred book by the best-selling author of *The Wonder of Boys* that examines and explains the biological, physical, and emotional changes that make puberty so bewildering—and so exciting.

## Book Information

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## Customer Reviews

Grade 5-7-Practical advice for preteens on how to cope with the emotional and physical changes that typically accompany adolescence. Gurian takes a holistic approach-in addition to the physical aspects of puberty, he addresses such subjects as developing romantic and sexual relationships, friendships, peer pressure, and even nutrition and wellness. The writing is direct, personal, and conversational. The tone is always positive and empathetic. Although the author's style works for the most part, there are times when his earnestness makes him obvious in his attempt to connect with readers. He refers often to and assumes the existence of "a boy's clan," people that a young man can trust and confide in, and encourages his readers to seek out advice from such sources. Serious flaws in the book are the lack of further reading and of detailed illustrations to accompany the discussions of physical changes and sexuality. The book also lacks an index. While Lynda

Madaras's *The What's Happening to My Body Book for Boys* (Newmarket, 1991) is superior to this title in many respects, Gurian's book is still a worthwhile purchase. Edward Sullivan, New York Public Library Copyright 1999 Reed Business Information, Inc.

Michael Gurian is a psychotherapist and bestselling author whose books include *The Wonder of Boys* and *The Good Son*. His work reflects the diverse cultures (European, Asian, Middle Eastern, and American) in which he lived, worked, and studied. He has taught psychology, religion, mythology, and literature at three American universities and at Ankara University in Turkey. He lives with his wife and two children in Spokane, Washington.

I started reading this book to myself, when my son was 9. I wanted to read about boys growing up before I could imagine any "teen issues" rearing their ugly heads. I wanted to have the knowledge and vocabulary BEFORE puberty and adolescence kicked in. Within a few pages, I realized that I should be reading the book aloud to my son, so we could talk about the topics before talking about issues became taboo. After a chapter, he and I both agreed that his dad should join us, as he had personal experience himself and our son was interested in hearing about it. We read it together (me skipping all references to drugs, alcohol and masturbation). It was a great experience for us all. Fun, funny and edifying. The book is only 86 small, large-fonted pages long. And it has comic-like illustrations. Perfect to read aloud with you pre-pubescent son. Perfect for him to pick up on his own when he's 11. And Perfect to read aloud to his best friend now that he is 12. I had a library copy but, as I do occasionally, decided it was worth owning. I leave it lying around the house. And we read it together, still, though now I include all references to drugs, alcohol and masturbation. And we talk about why I left those parts out before and how great it is that he's getting older and more capable of understanding the world around him and making choices (good ones, we hope). This book offers a simple, useful, honest, informative look at what it's like for boys to go through adolescence and puberty, useful to know if you're a boy or his mom.

I bought this book for my Little Brother (we're part of the Big Brother/Little Brother program.) when he began asking questions about voice changes and pimples, and using the word masturbation. This book covers all of that and more in an easy-going style. Basically, the book communicates that all of these things are natural and normal, but along with them comes gentle reminders of personal responsibility. Gurian speaks directly to the reader (intended to be an adolescent boy) and tells him all the changes that are happening or going to happen to him, including psychological such as

anger, know-it-all-ism, and bodily changes like skin, hair, hormones, etc. The book didn't spark much discussion between us, but I think that was because the book pretty much covered it all. The author himself recommends that you just give him the book. It's all pretty straight forward information that doesn't need much explanation. Tip: Get another copy for yourself to keep. It's helpful when your boy mentions something, then you two are working from the same source.

great book for youngsters to read. answers all their questions.

I agree with Susan Taylor's review. I have read other books by this author and was excited that he wrote a book for young men about growing up... luckily I read it before giving it to my son because I threw it in the trash when I was finished. I thought it was an excellent book until I got to the sexual experimentation... Although I still think that Michael's books are great resources, he lost a bit of credibility in my opinion.

This book was concise, informative, and conveyed appropriate information in a respectful manner. I recommend this book strongly for anyone who has a son facing the adolescent years. My son learned a lot and it has opened the door for many conversations and questions.

I would NOT recommend this book for adolescent boys!! The author wants our young sons to believe that "sexual experimentation with other boys is normal" (pg.57). He tries to convince the reader that "circle jerks, where boys sit around masturbating and see who comes first, happen a lot" (pg. 57). The author describes these activities as "normal experimentation and a learning time for boys". These are actual quotes from Chapter 3. After reading this book, I did NOT give it to my son. What the author promotes as normal sexual development in an adolescent male is outrageous.

Very innapropriate

I have been searching for a book that gives a clear concise explanation of puberty for my son. This book really is a great conversation starter. It gives just enough information for the preteen and encourages them to ask questions. It is a great place to start exploring the world of puberty.

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