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The Triple Bind: Saving Our Teenage Girls from Today's ...

[(The Triple Bind: Saving Our Teenage Girls from Today's Pressures and Conflicting Expectations)] [Author: Stephen Hinshaw] published on (May, 2010) Paperback – May 15, 2010 by Stephen Hinshaw (Author)

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The Triple Bind Saving Our Teenage Girls from Today's Pressures and Conflicting Expectations Saving Our Teenage Girls from Today's Pressures By Stephen Hinshaw, Ph.D. and Rachel Kranz By Stephen Hinshaw, Ph.D. and Rachel Kranz By Stephen Hinshaw, Ph.D. and Rachel Kranz

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The Triple Bind is putting more and more girls at risk for aggression, eating disorders, depression, and even suicide. Dr. Hinshaw's fascinating and groundbreaking book shows concerned parents how to listen, learn, and help girls unlock the shackles of the Triple Bind. The Triple Bind discusses many key topics, including

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The Triple Bind is possibly the greatest current threat to our daughters' health and well-being, an enormous obstacle to their becoming healthy, happy, and successful adults. Each portion of the Triple Bind is challenging enough. But it's the combination of all three aspects that makes it deadly: 1. Be good at all of the traditional girl stuff. 2.

The Triple Bind: Saving Our Teenage Girls from Today's ...

The triple bind : saving our teenage girls from today's pressures / Stephen Hinshaw ; with Rachel Kranz. Format Book Edition 1st ed. Published New York : Ballantine Books, c2009. Description xx, 228 p. ; 25 cm. Other contributors Kranz, Rachel. Notes Includes bibliographical references (p. [187]-228). Contents

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At the same time that opportunities abound for teenage girls to compete in both traditional male and female bastions, conflicting messages to be ambitious, caring and effortlessly thin and glamorous have led to a surge in adolescent depression, eating disorders, self-mutilation, suicide, and aggression, according to "The Triple Bind: Saving our Teenage Girls from Today's Pressures" (Ballantine Books, 2009).

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