

Highlights of Praise for THIS IS SO AWKWARD

"This is So Awkward will equip you with expert wisdom, deep compassion, and lots of laughs."

Dr. Becky Kennedy, *New York Times* bestselling author of *Good Inside*

"An accessible, enjoyable, and detailed road map for addressing even the most delicate topics with confidence and compassion."

Lisa Damour, PhD, author of *Untangled*, *Under Pressure*, and *The Emotional Lives of Teenagers*

"This is the book every household needs if there is someone aged 8-18 living in it."

Dr. Aliza Pressman, host of the *Raising Good Humans* podcast

"This book is a path through the minefield that is parenting through puberty."

Emily Oster, *New York Times* bestselling author of *Cribsheet* and *The Family Firm*

"The must-read guide you've been waiting for...using science and humor to walk us through which conversations to have...and when to have them"

Tina Payne Bryson, LCSW, Ph.D., *New York Times* bestselling co-author of *The Whole-Brain Child* and *No Drama Discipline*