

## Praise for THIS IS SO AWKWARD

“Think back to your own experience of puberty, and then multiply the confusion and awkwardness by ten—being an emerging adult today is hard! And yet this is also true: these tumultuous years offer so much opportunity for connection, empowerment, and knowledge-building. *This is So Awkward* will equip you with expert wisdom, deep compassion, and lots of laughs, and will enable you to show up as *that* parent—the one kids can turn to.”

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

“How are loving adults supposed to guide tweens and teens when everything—even puberty—has changed so much since their own adolescence? Cara Natterson and Vanessa Bennett have the answer! *This Is So Awkward* is 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***

“What’s more awkward than kids going through puberty? *Parents* trying to navigate it all! Fortunately, Cara Natterson and Vanessa Kroll Bennett have written *This is So Awkward*. Always authentic, informative, and practical, they use science and humor to walk us through which conversations to have and how and when to have them. This is the must-read guide you’ve been waiting for.”

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

“Parenting through puberty can be a minefield. We all want to say the right thing, but it’s easy to be paralyzed by discomfort, lack of knowledge, and the fact that things may have changed a lot since we were kids. This book is nothing less than a path through that minefield. It is a must read.”

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

“Puberty is inevitable, but Cara Natterson and Vanessa Kroll Bennett can help spare you and your child the confusion and embarrassment that stops so many of us in our tracks. Indeed, *This is So Awkward* is the book every household needs if there is someone aged 8-18 living in it. No more winging it, this guide has you covered!”

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