

# Sparks: How Parents Can Help Ignite the Hidden Strengths of Teenagers PDF Download by Peter L. Benson eBook or Kindle ePUB Online free

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## Synopsis Books:

In this practical book, Dr. Peter Benson, a leading authority on childhood and adolescence, describes a simple yet powerful plan for awakening the spark that lives inside each and every young person. Sparks--when illuminated and nurtured--give young people joy, energy, and direction. They have the power to change a young person's life from one of "surviving" to "thriving." Grounded in new research with thousands of teenagers and parents, *Sparks* offers a step-by-step approach to helping teenagers discover their unique gifts, and works for *all* families, no matter their economic status, parenting situation, or ethnic background.

Tags

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