



# **My Teenage Werewolf: A Mother, a Daughter, a Journey Through the Thicket of Adolescence**

*Lauren Kessler*

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**A veteran journalist navigates the mother-daughter relationship at its most crucial moment**

With the eye of a reporter, the curiosity of an anthropologist, and the open (and sometimes wounded) heart of a mother, award-winning author Lauren Kessler embeds herself in her about-to-be-teenage daughter's life. In seventh- and eighth-grade classrooms, at home, online, at the mall, and at summer camp, Kessler observes, investigates, chronicles- and participates in-the life of a twenty-first-century teen. As she begins to better understand and appreciate her mercurial daughter, their relationship-at first a mirror of the author's difficult relationship with her own mother-lurches in new directions. With the help of a resident teen expert (her daughter), as well as teachers, doctors, therapists, and other mothers, Kessler illuminates the age-old struggle from both sides, gracefully interweaving personal experience with journalistic inquiry. Funny, poignant, and insightful, *My Teenage Werewolf* explores the fascinating and scary world of today's teen as it comes to grips with the single most important relationship in a woman's life.

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