



Preparing for Adolescence CD Pack: How to Survive the Coming Years of Change

By Dr. James Dobson Ph.D

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Editorial Review

About the Author

JAMES C. DOBSON, Ph.D. is founder and chairman of the board for Focus on the Family. His internationally syndicated radio program, Focus on the Family, is heard daily by more than 200 million people. Dr. Dobson is featured in Who's Who in Medicine and Healthcare, and has authored many best-selling books including, *Emotions: Can You Trust Them?* and *Preparing for Adolescence*. He and his wife, Shirley, have two grown children and reside in Colorado.

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