



Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers

Peter L. Benson

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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.

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