



Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers

By 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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Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers By Peter L. Benson Bibliography

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Editorial Review

Review

"In careful steps filled with quizzes, self-assessments, checklists, and true stories, this engaging guide empowers adults to help teens discover their sparks and bring them to life... 'A spark is about developing yourself from the inside out,' Benson writes. This new aspect of youth development is an exciting and worthy outgrowth of the developmental assets approach." –Youth Today (December/January 2009)

From the Inside Flap

The greatest gift parents can give their children is to help them discover their purpose and passion.

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. The simple steps are:

- Recognize the Power of Sparks
- Know Your Own Teenager
- Help Discover and Reveal Your Teen's Sparks
- Be the Captain of Your Teen's Spark Team
- Keep Your Teen's Spark Lit

Young people who identify their sparks and get support in developing them from caring adults have higher grades in school and are more likely to be

- Socially competent
- Physically healthy
- Volunteers to help other people
- Good stewards of the earth and its resources
- Possessed of a sense of purpose

Isn't this what we all want for our teenagers?

Help your teen find his or her spark. Your role is crucial, and this book will give you everything you require to be the "spark champion" your child needs.

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From the Back Cover

Praise for *Sparks*

"Peter Benson's *Sparks* is an insightful, step-by-step guide for parents who want to help their teenagers be happier. It deserves to be read by all adults looking for ways to inspire (and be inspired by) today's youth."
—Kathy Cloninger, CEO, Girl Scouts of the USA

"Dr. Benson provides an evidence-based and empowering breath of fresh air that reminds us that all youth need and deserve caring adults who support them to find the spark within."
—Judy Vredenburg, president and CEO, Big Brothers Big Sisters of America

"*Sparks* provides a whole new outlook on our relationships with teenagers. I hope it reaches and touches everyone who cares about our nation's youth."
—Irv Katz, executive director, National Collaboration for Youth

"Peter Benson's pioneering work has long been an inspiration for all who are dedicated to bringing out the highest potential in our young, and his new book is a wellspring of illuminating insight, sound practical advice, and a stirring call to action for raising the younger generation with the wise guidance they deserve."
—William Damon, Ph.D., professor and director, Stanford Center on Adolescence and author, *The Path to Purpose*

"A must-read for parents, this book is also an inspirational, practical guide for youth development professionals, teachers, coaches, and mentors who want to help teens discover their passions and enjoy meaning, purpose, and happiness."
—Roxanne Spillett, president and CEO, Boys & Girls Clubs of America

"The teen years can be the most challenging ones for both teens and their parents. At the same time they can also be the most rewarding. Peter Benson provides valuable, practical insights and advice in *Sparks* which parents will turn to time and again as they support their teenager in making healthy choices."
—Neil Nicoll, president and CEO, YMCA of the USA

Users Review

From reader reviews:

Diana Sturgill:

This *Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers* book is not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is usually information inside this e-book incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This specific *Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers* without we recognize teach the one who examining it become critical in pondering and analyzing. Don't always be worry *Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers* can bring if you are and not make your

handbag space or bookshelves' come to be full because you can have it in the lovely laptop even mobile phone. This Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers having very good arrangement in word in addition to layout, so you will not experience uninterested in reading.

Velda Thornley:

This Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers is great book for you because the content and that is full of information for you who always deal with world and get to make decision every minute. This book reveal it info accurately using great manage word or we can claim no rambling sentences inside. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but difficult core information with lovely delivering sentences. Having Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers in your hand like having the world in your arm, data in it is not ridiculous just one. We can say that no book that offer you world inside ten or fifteen small right but this e-book already do that. So , this really is good reading book. Hello Mr. and Mrs. active do you still doubt that will?

John Caldwell:

In this period of time globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher that print many kinds of book. Often the book that recommended for your requirements is Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers this guide consist a lot of the information of the condition of this world now. This particular book was represented just how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Often the writer made some investigation when he makes this book. That's why this book suited all of you.

Margaret Watt:

Book is one of source of know-how. We can add our information from it. Not only for students but also native or citizen want book to know the upgrade information of year to year. As we know those guides have many advantages. Beside we all add our knowledge, may also bring us to around the world. With the book Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers we can take more advantage. Don't you to definitely be creative people? For being creative person must like to read a book. Only choose the best book that ideal with your aim. Don't always be doubt to change your life at this time book Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers. You can more attractive than now.

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