



# Too Old for This, Too Young for That!: Your Survival Guide for the Middle School Years

By Harriet S. Mosatche Ph.D., Karen Unger

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**Too Old for This, Too Young for That!: Your Survival Guide for the Middle School Years** By Harriet S. Mosatche Ph.D., Karen Unger

This Free Spirit classic, *Too Old for This, Too Young for That!* is a friendly, reassuring guide to help tweens successfully navigate the often-turbulent middle school years. Readers learn they're not alone in the challenges they face and find practical tips and tools for all kinds of situations—getting settled in at middle school, making friends, handling peer pressure, setting and reaching goals, and dealing with body changes and getting along better with family and adults.

Life in the middle can be tough. For many, the experiences, challenges, and changes of the middle school years can seem like one long roller coaster ride—with ups and downs, twists and turns, and sudden starts and stops. Interactive, inviting, and fun, this book can ease common concerns and help tweens on the middle school roller coaster to enjoy the ride.

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### Review

“Filled with information and advice to help ease the transition from childhood to adolescence.”—Booklist

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