

**Newsletter Articles about The Breakthrough Years
As of April 25, 2024**

Message 1

<https://ellengalinsky.substack.com/p/understanding-adolescent-development>

Message 2

<https://ellengalinsky.substack.com/p/talk-with-not-at-teens>

<https://ellengalinsky.substack.com/p/listening-is-where-love-begins>

<https://ellengalinsky.substack.com/p/a-skill-building-approach-dont-hold>

<https://ellengalinsky.substack.com/p/shared-solutions-an-autonomy-supportive>

<https://ellengalinsky.substack.com/p/introducing-a-possibilities-mindset>

Message 3

<https://ellengalinsky.substack.com/p/the-power-of-positive-risk-taking>

Note: I write one a week so I will cover a much broader array of topics. You can sign up to receive these free articles at <https://ellengalinsky.com/>

**Media about The Breakthrough Years
As of April 25, 2024**

<https://abcnews.go.com/GMA/Wellness/inside-brains-teenagers-new-documentary-seeks-answer/story?id=109128367>

<https://www.oprahdaily.com/life/a60233306/teen-experts-wishes-for-adolescents/>

<https://the1a.org/segments/how-to-better-understand-the-teenagers-in-your-life/>

<https://katiecouric.com/entertainment/book-guide/the-breakthrough-years-ellen-galinsky-raising-teens/>

<https://shows.acast.com/the-puberty-podcast/episodes/ellen-galinsky-on-the-breakthrough-years>

<https://earlylearningnation.com/2024/03/of-toddlers-and-teenagers-ellen-galinsky-breaks-through-adolescence-with-brain-science-and-new-book/>

<https://www.latimes.com/opinion/story/2024-02-16/youth-mental-health-crisis-gen-z-discrimination-stereotype-depression>

<https://wgntv.com/morning-news/morning-news-guests/the-breakthrough-years-a-new-scientific-framework-for-raising-thriving-teens/>

<https://www.youtube.com/watch?v=bzc0B2gbw>

https://youtu.be/FPtJytt4Kns?si=ov6f_5JWYD9FEJyk (FAN interview)