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# The Disappearing Girl: Learning The Language Of Teenage Depression



## Synopsis

Adults are increasingly concerned about the rising rate of depression in teenage girls and the frequency of alarming behaviors including wild conduct, explosive outbursts, back talking, sexual escapades, drug experimentation, and even cutting, eating disorders, and suicide attempts. The *Disappearing Girl*, the first book on depression in teenage girls, helps parents understand: Why silence reflects a girl's desperate wish for inclusion, not isolation. Subtle differences between teen angst and problem behavior. Vulnerabilities in dating, friendships, school, and families. How, if untreated, girls will carry feelings of helplessness, anger, and depression into adulthood. Dr. Machoian also offers conversation topics to help girls navigate mixed messages, develop their identity, make healthy decisions, and build resilience that will empower them throughout life, as well as helping parents manage their own frustration.

## Book Information

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## Customer Reviews

A former student of esteemed girl expert Carol Gilligan, Harvard researcher Machoian sets out to determine why so many young women seem to emotionally withdraw and to explain how parents and others can help them. According to Machoian, teenage girls begin to "disappear" when they feel disconnected from friends or family, and when the pressures of society (fitting in, staying thin, etc.) become overwhelming. Often, she's discovered, the trouble starts when girls shift from grade school to middle school, or middle school to high school. Though parents and others may see a girl's problems as natural "teen angst," Machoian warns that too often a girl's serious depression is

ignored (in the past, she points out, experts did not even believe that teens experienced depression). Fortunately, Machoian claims, there is much adults can do to help, and interspersed among the text's rather weighty case histories are numerous tips for a "whole-girl approach," addressing mind, body, heart and soul with practical solutions. Physical activities, volunteering, proper sleep and diet, supportive peers, coping skills and being with family are all ways to keep girls on track. Most important, Machoian says, parents who listen and talk to their daughters make a crucial difference. (On sale Mar. 21) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

It's old news that adolescence brings with it a host of physical, cognitive, and emotional changes. But Machoian, a Harvard researcher and lecturer, insists that teenage girls' "vulnerability to depression in early adolescence" is serious enough to warrant special attention. Her book, which blossomed from research she did for her dissertation, gives parents a heads up that may help them make the difficult distinction between normal teen angst and the circumstances that signal real trouble. She focuses predominately on ages 14, 15, and 16, amplifying her text with personal stories and commentary that bring an immediacy to the emotions and pressures that today's young women have in common. Throughout, she makes it clear that there is no universal panacea, but at the same time, she remains optimistic about the resilience of young women and the ability of their parents, equipped with the right kind of information, to weather difficult times. Stephanie Zvirin Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

I'm so fortunate that I chose this this book, (my first that gave me REAL answers) about my daughter and what she's going through! Life had been so hard for her, and with her, and the understanding that came from THIS BOOK has helped me understand through easy to understand, yet hard for me to read stories of girls who ARE my daughter. She's been screaming, " Look at me! I'm acting out! I'm hurting myself! I'm hurting you- and I feel terrible. It's not me, it's depression" . Now after reading this book, like a "brick to the head", I get her, and she feels I do understand her now. She doesn't know what I've read, only that she feels more loved and understood on her terms. It has been a comfort and a rebuilding of mother -daughter bonding and rebuilding. After so long, my teenager is talking to me again. She just wanted to be understood. She is opening up and we are changing things for her. Knowledge is power and this book did it.

The facts and information in this book are straight forward and valid for dealing with teenage girls suffering from depression. Be ready for some very graphic descriptions of situations the girls in this book have dealt with. I don't believe every situation and every girl experiences those things but the explicit statements do not diminish from the quality of the book. Parents and social workers alike should read ahead so they are prepared to discuss these kinds of things. I purchased two copies of the book with the objective of helping a friend whose daughter is struggling with depression and discovered that I, too, was a disappearing girl in my early teens. The benefit I am receiving by reading the book myself is twofold. I am finding ways to help others as well as understanding what my own suffering was about.

What an insightful and honest look into the lives of teenage girls! This book does a wonderful job sharing the honest truth about teenagers and depression. I love how the book highlights the differences between teenage depression and adult depression. This book is a very good read for parents of teenagers, especially girls, or for other helping professions. Teachers could even benefit from this book because it can help you know what depression can look like in your students! The author shares facts about depression, things to look for, and also uses case examples to illustrate her point. It is an easy read and easy to understand.

Excellent help. really helps parents understand our kids when they are going through this. I recommend it!

Whether or not you think your teenage girl is depressed, this is a valuable resource. The author's perspective is so down-to-earth, her advice so accessible, and her care for the girls so evident, that this book is a must-read for any parent of a depressed teenage girl, and a should-read for any parent of any teenage girl. For anyone who liked "Silencing the Self" by Dana Crowley Jack -- that was research about depressed women -- this is a very similar book about depressed girls. What makes those two books so valuable is that they are based on counseling actual women and girls--not on theoretical psychology derived in the vacuum of an ivory tower.

This book is a must read for parents of girls suffering from depression and for the girls themselves! Insightful, well written, and full of hope! And hope is the one thing that all parents struggling to understand and help their daughters can use!

Full of helpful insight for parents dealing with a depressed child. I definitely recommend this book! It so helped me to understand where my teens feelings and behavior were coming from, allowing me to be able to better help her.

I've read a number of books recently about depression and/or anxiety in teens, but this one made me really sit up and take notice. These problems manifest differently in girls and this book explores the special problems of teenage girls in a way that captures their perspectives, which can be hard for adults to understand. This book brings issues and ideas to the table that can really contribute to a stronger understanding of the pressures and challenges teenage girls face.

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