

Lisa Damour, PhD is an expert on raising teenagers. She offers support for parents and caregivers worldwide through her books, cohosted podcast, and subscription service, Untangling 10 to 20. Her main focus is helping parents and teenagers communicate better, along with helping teens with anxiety, school stress, and relationships.

We love listening to her podcast and following her on Instagram and Facebook for free parenting tips. She also has a monthly newsletter on a variety of topics. If you're parenting a teen now, or you will be in the future, Dr. Damour is a powerful resource. Go give her a follow!