Combining empirical evidence with indices to measure mattering, *Family Matters: The Importance of Mattering to Family in Adolescence* explores the inverse relationship between mattering and dysfunctional behavior in adolescence.

- Defines mattering and distinguishes among the three ways that people can matter to others: awareness, importance, and reliance

- Utilizes empirical evidence from a quantitative analyses of data from a nationwide survey 2,004 adolescents to support author’s assertions

- Explores the impact of structural and demographic factors such as family structure in developing of a sense of mattering in adolescents.

- Includes helpful indices, including his Mattering Index and Rosenberg’s Self-Esteem Index

- Suggests how parents, teachers, and other significant people in the lives of adolescents can work to instill a sense of mattering in those under their care
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FEATURES

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