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Lars Halse Kneppe

In the Head of A Teenager *What do young people need from their parents?*

Psychologist Lars Halse Kneppe spends time with teenagers every day and knows what they need from their parents. He writes wisely and entertainingly about today's youth, addressing themes such as mental health, worries, school, stress, partying, the internet and social media, sex, and boundary-setting. An inspirational book that explains what it's like to be young today, and how parents can understand their teenager better.

Lars Halse Kneppe

Lars Halse Kneppe is a trained psychologist and journalist. He works as a psychologist at Pedagogisk-psykologisk tjeneste (PPT) and with several high schools in Oslo.



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