

**BR: Irreversible Damage**, Abigail Shrier, copyright 2020

**Mike Bozeman**

This book addresses the “Trans” epidemic sweeping teenage girls. Until a few years ago, “gender dysphoria” – discomfort in one’s biological sex – seemed to be rare. It was typically found in less than .01 percent of the population, and most frequently in males.

BUT today this *transgender craze* is catching on, it has gained traction, a voice, and is being seen more prevalently in colleges and high schools. After working in a local business, I had opportunity to meet and converse with a young lady (late teens) going thru the transition. It became more real to me that I may have opportunity to help someone taking this course. And, I felt a bit uneducated about the trans community, its ideology, and how to approach them.

Abigail Shrier, is a writer for the *Wall Street Journal*, and had written a couple of articles that gained much attention from the trans community. She is opposed to that lifestyle. But decided to use the responses she received to be the basis for her book, *Irreversible Damage*.

Her research is well done. She conducted many interviews and compiled data that was very helpful to me. Her chapters are as follows: 1. The Contagion, 2. The girls. 3. The puzzle. 4. The influencers. 5. The schools. 6. The Shrinks. 7. The dissidents. 8. The promoted and the demoted. 9. The transformation. 10. The regret. 11. The way back.

This book is excellent for helping one understand the trans craze and how to inoculate a child against it – and even how to help retrieve one from its dangerous path. Though it is not written from a religious perspective, Shrier says she is Christian and approaches it from that world view.

**BR #2 - Strong Fathers, Strong Daughters**, Meg Meeker, M.D. Mike Bozeman

This book was given to me back in 2013 by Craig Hodges, one of the elders at the church in Tyngsboro, MA where we worshiped. It is a parenting book written to help fathers realize the impact they have on their daughters and inspire them to rise to the occasion to be the fathers they need to be.

Meg Meeker, is a pediatrician with more than 20 yrs experience counseling girls, and reveals that a young girls relationship with her father is far more important than perhaps I ever realized.

She organizes her book by sharing 10 secrets every father needs to know in order to strengthen or rebuild bonds with his daughter and shape her life. Here’s the list: 1. Essential virtues of strong fathers – and how to develop them, 2. Cues daughters take from their dads on everything from self-respect, to drugs, alcohol, and sex. 3. The truth about ground rules (girls do want them, despite their protests), 4. The importance of becoming a hero to your daughter. 5. The biggest mistake a dad can make and the

ramifications. 6. The fact that girls actually depend on their dads' guidance into adulthood, 7. Steps fathers can follow to help daughters avoid disastrous decisions and mistakes, 8. Ways in which a father's faith - or lack thereof - will influence his daughter. 9. Essential communication strategies for different stages in a girl's life, 10. True stories of "prodigal daughters" - and how their fathers helped bring them back.

I have found this book helpful. I'm still reading it but so far its a good read. I'd recommend it.