

Selected Bibliography (参考文献)

以下のリストには、本書の執筆に欠かせなかった研究論文、書籍、ウェブサイトの多くを掲載した。各章で論じた内容を読者のみなさんがさらに深く掘り下げたくなったとき、このリストの資料が役に立つだろう。また、青年期の若者の危険な行動に対処する方法や、彼らに「立ち直る力（レジリエンス）」を身につけさせる方法については、私のウェブサイト <https://www.dr.jesspschatkin.com/> でさらなる参考資料、データ、ツールを紹介しているので、そちらも参考にしてほしい。

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