

# CHRISTIAN MUSIC ★ REVIEW

**MESSAGE. FIRST.**

## Book Review

**Book Title:** *An Expose on Teen Sex and Dating*  
**Author Name:** **Andy Braner**  
**Release Date:** June 2011  
**Reviewer Name:** **Jay Heilman**  
**Reviewer E-Mail:** jay.heilman@christianmusicreview.org  
**Publisher:** NavPress

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### RATING

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<b>Message:</b>	4.0 of 4.0	
<b>Organization/Plot:</b>	2.5 of 3.0	
<b>Style:</b>	2.0 of 2.0	
<b>Creativity:</b>	1.0 of 1.0	
<b>Overall Points:</b>	<b>9.5 of 10.0</b>	<b>SCORE/LETTER GRADE: 95% (A)</b>

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### REVIEW

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With so many self-help books out there that are designed to help people and/or parents with issues relating to teens, I don't think there is one particular book that has impressed me as much as Andy Braner's new book, *An Expose on Teen Sex and Dating*. My first question is, why wasn't a book like this around back in the mid-90's when I was a teen growing up? ☺

The thing that most impresses me about Braner's book is the fact that most of its information is accurate – at least in my opinion it is. My teen years were very promiscuous and though I wasn't yet a Christian at the time, I really wish I would have had better guidance back then. I can't really blame my parents either. The choices I made were clearly mine, though I wished the school system would have been more adamant about promoting abstinence than to promoting that fact that the local health department had free condoms. This to me is craziness when I look back, because ultimately my teen life was changed forever in August 1998 when I got my then 15-year-old girlfriend pregnant. It's a part of my testimony now, but had I known some of the things found in Braner's book then – I probably could have saved myself a whole lot of trouble!

The book is separated into three parts. Part 1 – A View on dating. Is dating Biblical? What to look for? Questions that are asked. Part 2 – The Way To Date. Parental Involvement. Who you date, what are the do's and don'ts on a date and parental communication (<this is key!). And finally, The Tragedy (and How to Overcome It!). It's clear that Braner did a lot of research when it came to piecing this together. I mean all the things that I had ran into as a teen – peer pressure, sexual temptation, even pornography are mentioned. Braner is no stranger to the teen/youth world either. Outside of being an author, he is an ordained minister, and former president of Kanakuk Colorado Kamp, the largest non-denominational Christian sports camp in the world. He now heads up Ahava Ministries where each year he speaks to more than 80,000 teens and college students all over the world.

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Braner's message with this book is very clear and can be found on the dedication page of the book. It says "I dedicate this book to the parents and youth leaders helping to raise our teenagers, and to the teenagers who are navigating the hardest sexual culture ever on the planet. I hope this book helps." Amen. I think that it could, if people would pick it up and read it. Note to parents – this book may contain things you may not want to know about teens, but I think it's an important piece of information that you can use to not only be aware of what's going on, but most importantly – how to deal with it!

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## **CLOSING THOUGHTS (or Quote)**

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*An Expose on Teen Sex and Dating* is a definite must have for any parent of a teenager and also youth leaders. Braner really puts it all on the table here, outlining truths that need to be heard. Just like the Gospel is to be preached to the entire world – this book needs to be in the hands of every parent. I know it will help, because a lot of teens and the behaviors described therein were a picture portrait of me as a teenager. Praise God I am saved today, but it's that history that is always there to remind me that even as a teen – I was human too. Pick it up now!

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