



The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults

Frances E. Jensen, Amy Ellis Nutt

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New York Times Bestseller

Drawing on her research knowledge and clinical experience, internationally respected neurologist—and mother of two boys—Frances E. Jensen, M.D., offers a revolutionary look at the science of the adolescent brain, providing remarkable insights that translate into practical advice for both parents and teenagers.

Driven by the assumption that brain growth was pretty much complete by the time a child began kindergarten, scientists believed for years that the adolescent brain was essentially an adult one—only with fewer miles on it. Over the last decade, however, the scientific community has learned that the teen years encompass vitally important stages of brain development.

Motivated by her personal experience of parenting two teenage boys, renowned neurologist Dr. Frances E. Jensen gathers what we've discovered about adolescent brain functioning, wiring, and capacity and, in this groundbreaking, accessible book, explains how these eye-opening findings not only dispel commonly held myths about the teenage years, but also yield practical suggestions that will help adults and teenagers negotiate the mysterious world of adolescent neurobiology.

Interweaving clear summary and analysis of research data with anecdotes drawn from her years as a parent, clinician, and public speaker, Dr. Jensen explores adolescent brain functioning and development in the contexts of learning and multitasking, stress and memory, sleep, addiction, and decision-making.

Rigorous yet accessible, warm yet direct, *The Teenage Brain* sheds new light on the brains—and behaviors—of adolescents and young adults, and analyzes this knowledge to share specific ways in which parents, educators, and even the legal system can help them navigate their way more smoothly into adulthood.

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The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults can be one of your nice books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to put every word into enjoyment arrangement in writing The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults however doesn't forget the main level, giving the reader the hottest in addition to based confirm resource info that maybe you can be one of it. This great information may drawn you into completely new stage of crucial thinking.

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