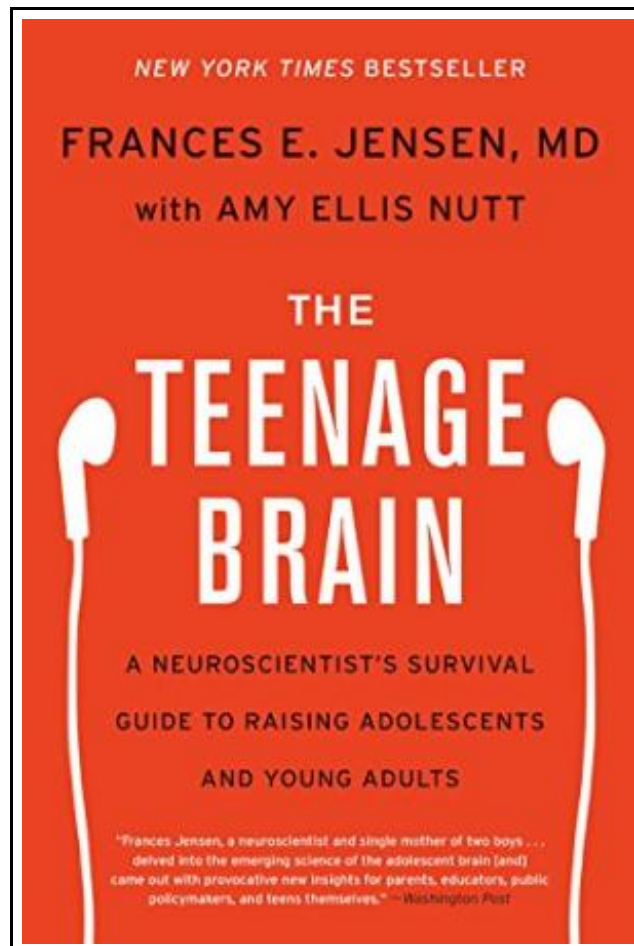# The Teenage Brain: A Neuroscientist s Survival Guide to Raising Adolescents and Young Adults

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Reviews

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THE TEENAGE BRAIN: A NEUROSCIENTIST S SURVIVAL GUIDE TO RAISING ADOLESCENTS AND YOUNG ADULTS

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Harper Paperbacks, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. For many years, scientists believed that the adolescent brain was essentially an adult one. Over the last decade, however, neurology and neuroscience have revealed that the teen years encompass vitally important stages of brain development.Interweaving clear summary and analysis of research data with anecdotes drawn from her years as a clinician, researcher, and public speaker, renowned neurologist Frances E. Jensen, MD, explores adolescent brain functioning and development in the context of learning and multitasking, stress and memory, sleep, addiction, and decision making.The Teenage Brain explains how these eye-opening findings not only dispel commonly held myths about teens but also yield practical suggestions for adults and teenagers negotiating the mysterious and magical world of adolescent biology. It s charming to see good science translate directly into good parenting. New York Times Book Review This well-written, accessible work.offers support and a way for parents to understand and relate to their own soon-to-be-adult offspring. Publishers Weekly.

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