



## Brainstorm: The Power and Purpose of the Teenage Brain: An Inside-Out Guide to the Emerging Adolescent Mind, Ages 12-24

By Daniel J Siegel

BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Dr. Siegel aptly characterizes the teen years as the most powerful life phase for activating courage, purpose, and creativity. With his usual personal and compassionate delivery, he illustrates how we can all become more aware, empathetic, and understanding of teenagers and ourselves. A visionary and a guide, Siegel knows that if we treat teenagers with the respect and understanding they deserve, they are more likely to live up to their greatest capacities. Laura S. Kastner, clinical professor of psychiatry and behavioral sciences, University of Washington, and author of Wise-Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens Between the ages of twelve and twenty-four, the brain changes in important and, at times, challenging ways. In Brainstorm, the renowned psychiatrist and bestselling author of Parenting from the Inside Out, The Whole-Brain Child, and Mindsight, Daniel Siegel busts a number of commonly held myths about adolescence for example, that it is merely a stage of immaturity filled with often crazy behavior to reveal how it is in fact a vital time in our lives in terms of charting the course for the...



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