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

By Amy Ellis Nutt

Harper. Hardcover. Book Condition: New. Hardcover. 384 pages. Dimensions: 9.1in. x 6.1in. x 1.5in. 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,...



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