# The Female Brain by Louann Brizendine

* Men and women have different brain sensitivities to stress and conflict. They use different brain areas and circuits to solve problems, process language, experience and store the same strong emotions.
* On average, women are better at expressing emotions and remembering the details of emotional events.
* Sexual thoughts float through a man’s brain many times each day on average, and through a woman’s only once a day.
* One study scanned the brains of men and women observing a neutral scene of a man and a woman having a conversation. The male brains’ sexual areas immediately sparked—they saw it as a potential sexual rendezvous. The female brains did not have any activation in the sexual areas. The female brains saw the situation as just two people talking.
* Men sexualize things, women don’t.
* The female brain has tremendous unique aptitudes – outstanding verbal agility, the ability to connect deeply in friendship, a nearly psychic capacity to read faces and tone of voice for emotions and states of mind, and the ability to defuse conflict.
* Because of their large communication centers, girls are a lot more talkative than boys and use many forms of communication than a boy will.
* Girls are born interested in emotional expression. They take meaning about themselves for reaction from the people they come in contact with.
* They interpret an emotionless face as a signal they are not doing something right and think if they do it just right, they’ll get the reaction they expect.
* She will eventually turn her efforts to faces that are more responsive.
* Women avoid conflict because discord puts them at odds with their urge to stay connected, to gain approval and nurture.
* Girls social agenda, expressed in play and determined by their brain development, is to form close, one on one relationships.
* Teen girl reality will explode, and every trait established in the female brain during childhood – communication, social connection, desire for approval, reading faces for cues as to what to think or feel – will intensify.
* The ﬁlter through which she feels the feedback of others also depends on where she is in her cycle—some days the feedback will reinforce her self-conﬁdence, and other days it will destroy her.
* The ﬁrst two weeks of the cycle, when estrogen is high, a girl is more likely to be socially interested and relaxed with others. In the last two weeks of the cycle, when progesterone is high and estrogen is lower, she is more likely to react with increased irritability and will want to be left alone.
* Studies indicate that girls are motivated—on a molecular and neurological level—to ease and even prevent social conflict. Maintaining the relationship at all costs is the female brain's goal.
* Men’s self-esteem derives more from their ability to maintain independence from others, while women’s self-esteem is maintained, in part, by the ability to sustain intimate relationships with others.
* Although both men and women make testosterone, men make more than ten times as much meaning that their sex drive is much greater than women’s.
* Males of all species are made for wooing females, and females typically choose among their suitors.
* In every culture, women are less concerned with a potential husband’s visual appeal and more interested in his material resources and social status.
* Women do reach the same or a higher romantic end point, but they’re often slower to confess to being in love and more careful than males in the beginning weeks and months of a relationship.
* Men tend to fall in love “at ﬁrst sight” more easily than women.
* Falling in love is one of the most irrational behaviors or brain states imaginable for both men and women. The brain becomes “illogical” in the throes of new romance, literally blind to the shortcomings of the lover. It is an involuntary state.
* During times of physical separation, when touching and caressing is impossible, a deep longing, almost a hunger, for the beloved can set in. Some people don’t even realize how bonded or in love they are until they feel this tugging at their heart string when the beloved is absent.
* The act of hugging or cuddling releases oxytocin in the brain, especially in females, and likely produces a tendency to trust the hugger.