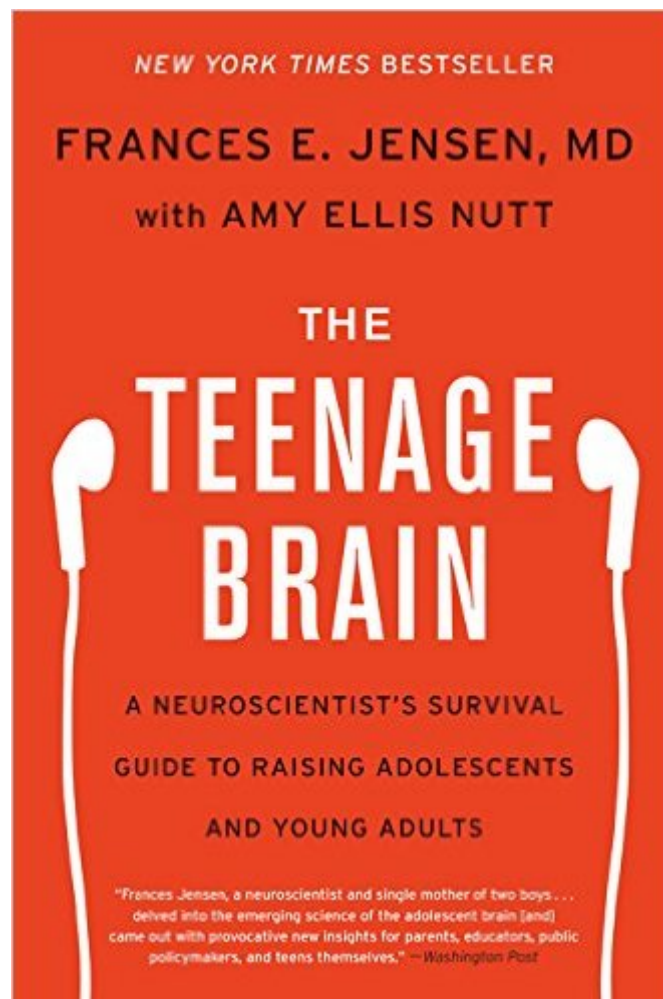


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# The Teenage Brain: A Neuroscientist's Survival Guide To Raising Adolescents And Young Adults



## Synopsis

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.

## Book Information

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## Customer Reviews

I was a little leery of this book from the opening pages. Dr. Jensen opens with a horror story - her teenage son came home with his hair dyed black. She just couldn't imagine how such a level-headed kid could do such a thing. And, worse, he wanted to get red streaks as well. So her solution was to spend a fortune taking him to her "color guy" to get it done right. I guess Dr. Jensen and I have different ideas on parenting. I made a vow early on never to sweat the small stuff, and I consider hair color well within that category - if that's the worst my kids do in their teenage years, I will count my blessings. Furthermore, if they're going to experiment with hair color, they can take responsibility and accept the consequences themselves. Green hair is not fatal. But maybe the information on the teenage brain is better, and we can just agree to disagree about parenting. Dr. Jensen clearly knows her stuff as far as brain development, anatomy, physiology and chemistry go, but I found her information a bit weak, disorganized and failing to thoroughly connect the dots, and I found many of her illustrative stories distracting and a bit alarmist. Dr. Jensen starts with an overview of brain structures relevant for cognitive and emotional functioning, including, among others, the brain stem, the amygdala, the hippocampus and the cerebral cortex, especially the frontal lobes. She shows how brain development is a process of both "pruning", in which excess neurons are selectively cut back based on environmental stimulation or lack thereof and "myelination" in which the neurons are coated with a fatty sheath which helps to send signals faster along neuronal pathways.

Loved the book... tempted to give it 5-stars. THIS REVIEW IS ON THE UNCORRECTED PROOF. This book is going to be controversial.. For instance Dr. Jensen wants to break stereo types but tends to reinforce them (e.g. girls are more susceptible to the effects of alcohol, more susceptible to concussions, and lose higher math and science interest/abilities as they age). There are two glaring issues with this book. First she tends to guess... a lot. The language used in these guesses is subtle but still there (from an academic point of view). I'm not sure why "evolution" has to be the excuse for an educated guess... but that is one of the nuanced clues. [In all fairness, the copy of the book does NOT include where the end notes will be placed.] The second issue is that she omits "the big one." You know the talk you fear having with your child... She completely leaves out the issue of sexual behavior. There are some references to "dangerous" sexual behavior and stats on how the adolescence population is more suitable to contracting sexually transmitted

diseases. But this subject is conspicuously the "elephant in the room."HOWEVER, I highly recommend this book for the material that it contains. For instance, the effects of one hour on a digital device on the teen/adolescence brain is worth the price of the book. The chapter on concussions might sound like over alarm, but remember Dr. Jensen is a neurologists.The reality that the teenage/adolescent brain has not developed mature front lob connection (the part of the brain that understands risk, etc...) is huge. Dr.

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