

Inside the Teenage Brain: Parenting a Work in Progress

by

Sheryl Feinstein

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Synopsis

Teenagers are perplexing, intriguing, and spirited creatures. In an attempt to discover the secrets to their thoughts and actions, parents have tried talking, cajoling, and begging them for answers. The result has usually been just more confusion. But new and exciting light is being shed on these mysterious young adults. What was once thought to be hormones run amuck can now be explained with modern medical technology. MRI and PET scans view the human brain while it is alive and functioning. To no one's surprise, the teenage brain is under heavy construction! These discoveries are helping parents understand the (until now) unexplainable teenager. Neuroscience can help parents adjust to the highs and lows of teenage behavior. Typically, this transformation is a prickly proposition for both teens and their families, but the trials and tribulations of adolescence give teenagers a second chance to develop and create the brain they will take into adulthood.

What people say about this book

mother of two, “a must read for parents of teens. I came upon this book title by mistake, but I see it was not a mistake at all! I have two teenage girls, 15yrs, and 18yrs old. Both completely different in all ways, this book has truly helped me individualize my teens behaviour and gave me the tools to work with them and mostly to just understand them. It is written in a clear easy short chapter format which made it easy to pick up at any given time to find relevant information. I will be sending a copy to my sister who has four children not yet teenagers.”

Iman Apeman, “What Were You Thinking?. A great read for parents who are constantly asking their teenagers "What were you thinking?". This book explains why the use of "common sense" is not even an option for our beloved children - they need to grow up to gain that ability. I'm not sure I accept that 100%, but it does help to ease the feeling of having failed as a parent.”

K. Graf, “good read. haven't read all of it but wanted for reference. hard sometimes to remember that while our teens are as big or bigger than us and try to talk like us their brains are not firing the same and need to be reminded.”

Stephen Mead, “Know thy enemy and know thyself (tongue in cheeky). As my daughter prepares to enter 9th Grade it was a great recommendation. So many people respond with "Well that's a teenage girl", or "Welcome to teenagers", as though there was nothing to be done except face the 'inevitable'. Who knew there was an actual difference occurring developmentally. Great knowledge for any parent with a young teen.”

Shmuel, “Helped me understand my kid a lot. Great book”

Ebook Tops Reader, “... things I didn't know and it has helped a great deal in communicating effectively with my teenager. I learned many things I didn't know and it has helped a great deal in communicating effectively with my teenager.”

Grandma happy, “Five Stars. Down to earth, practical insight.”

Sarah Thackeray, “Excellent book, a must have. Every parent should have one. I am promoting it to all the parents I work with. Excellent book, a must have.”

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