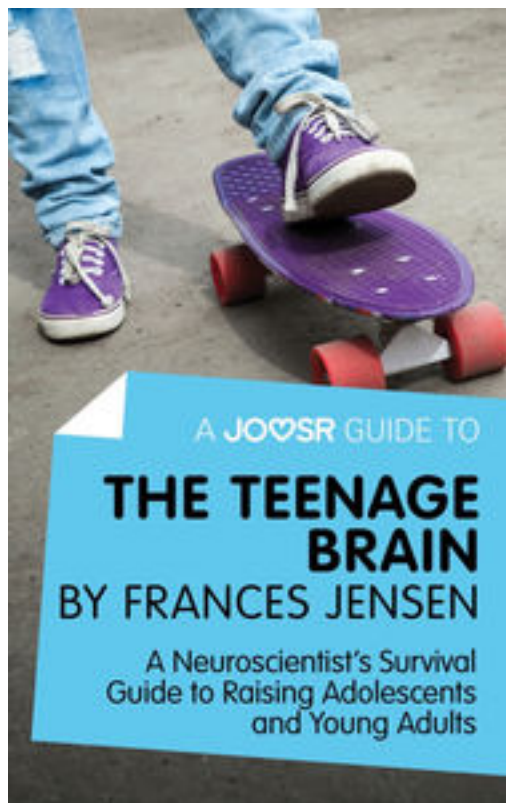


Leggi Ebooks A Joosr Guide To... The Teenage Brain By Frances Jensen Joosr PDF, EPUB, Mobi



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It used to be thought that the teenager's brain was identical to the adult brain, just with a little less experience of the world. However, we now know that the brain of a teenager is wired very differently, and learning how it functions can help you guide your teen (and yourself) through potentially turbulent times.

The Teenage Brain first explores factually the physiology of the teenage brain, and then examines issues and factors particularly relevant to this. These include decision-making abilities, the importance of sleep, and the teenage susceptibility to addiction. For each area there are practical

suggestions for the best ways in which parents can offer support.

You will learn:

- How the teenage brain is wired and how this affects their behavior
- The ways in which you can best communicate with your teenager
- How to help your child navigate the teen years and emerge as a healthy adult.

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