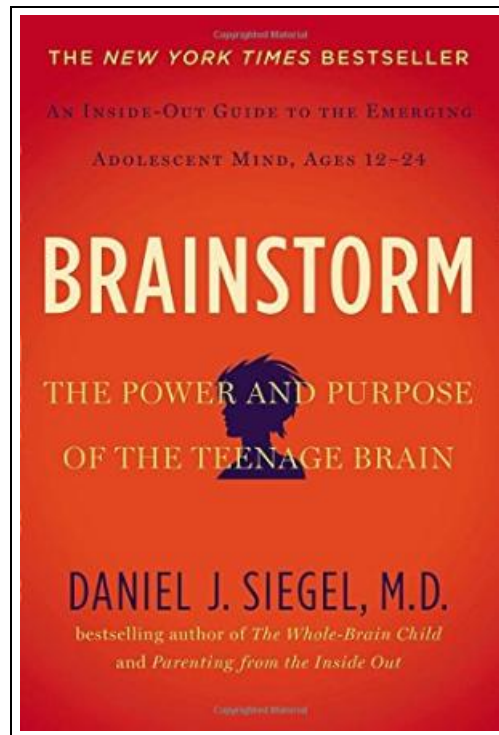


## Brainstorm (Paperback): The Power and Purpose of the Teenage Brain



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Penguin Random House LLC, 2015. Softcover. Condition: New. In this New York Times?bestselling book, Dr. Daniel Siegel shows parents how to turn one of the most challenging developmental periods in their children?s lives into one of the most rewarding. Between the ages of twelve and twenty-four, the brain changes in important and, at times, challenging ways. In Brainstorm, Dr. Daniel Siegel busts a number of commonly held myths about adolescence?for example, that it is merely a stage of ?immaturity? filled with often ?crazy? behavior. According to Siegel, during adolescence we learn vital skills, such as how to leave home and enter the larger world, connect deeply with others, and safely experiment and take risks. Drawing on important new research in the field of interpersonal neurobiology, Siegel explores exciting ways in which understanding how the brain functions can improve the lives of adolescents, making their relationships more fulfilling and less lonely and distressing on both sides of the generational divide. "Brainstorm is a must read book for every parent if they want to avoid emotional turbulence in their own lives as their children go through adolescence. It?s lifesaving for the whole family.?"Deepak Chopra, MD ?Brainstorm is eye-opening and inspiring, a great gift to us all? teens, parents of teens, and anyone who wants a full and rich life on this planet. Daniel Siegel shows how the supposed downsides of the teen years all have upsides, and that the lessons for living that await teens are ones any of us, at any age, can learn from.?"Daniel Goleman, author of Emotional Intelligence ?Siegel emerges as a bighearted writer, fully convinced that we all possess the fundamental virtues to navigate the choppy waters of adolescence, and he is eager for us to set them loose, working with adolescents to cultivate the positive aspects?and he is...



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