



Why Do They Act That Way? - Revised and Updated: A Survival Guide to the Adolescent Brain for You and Your Teen

David Walsh

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In this national bestseller, acclaimed, award-winning psychologist Dr. David Walsh explains exactly what happens to the human brain on the path from childhood into adolescence and adulthood. Revealing the latest scientific findings in easy-to-understand terms, Dr. Walsh shows why moodiness, quickness to anger and to take risks, miscommunication, fatigue, territoriality, and other familiar teenage behavior problems are so common -- all are linked to physical changes and growth in the adolescent brain.

Why Do They Act That Way? is the first book to explain the changes in teens' brains and show parents how to use this information to understand, communicate with, and stay connected to their kids. Through real-life stories, Dr. Walsh makes sense of teenagers' many mystifying, annoying, and even outright dangerous behavioral difficulties and provides realistic solutions for dealing with everyday as well as severe challenges. Dr. Walsh's techniques include, among others: sample dialogues that help teens and parents talk civilly and constructively with each other, behavioral contracts, and Parental Survival Kits that provide practical advice for dealing with issues like curfews, disrespectful language and actions, and bullying. With this arsenal of strategies, parents can help their kids learn to control impulses, manage erratic behavior, cope with their changing bodies, and, in effect, develop a second brain.

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Ella Cook:

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Eva Burton:

Spent a free time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could be reading a book could be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try look for book, maybe the reserve titled *Why Do They Act That Way? - Revised and Updated: A Survival Guide to the Adolescent Brain for You and Your Teen* can be great book to read. Maybe it might be best activity to you.

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