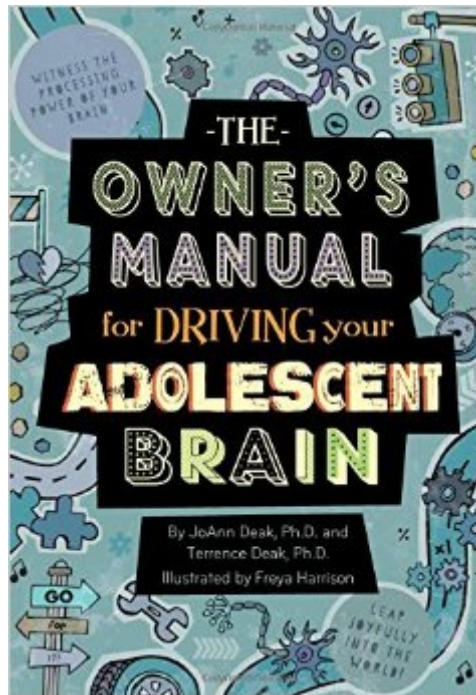


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# The Owner's Manual For Driving Your Adolescent Brain



## Synopsis

The Owner's Manual for Driving Your Adolescent Brain is packed with the goods on glia and the news about neurons, with a cool way to test your brain power and the scoop on how it's OK to make mistakes; they'll make you stronger, if you use them as an opportunity to learn. It's all about training your brain to help you become the very best version of yourself!

## Book Information

Lexile Measure: 1300L (What's this?)

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Product Dimensions: 0.2 x 7 x 10.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (38 customer reviews)

Best Sellers Rank: #117,594 in Books (See Top 100 in Books) #67 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse](#) #101 in [Books > Children's Books > Education & Reference > Science Studies > Anatomy & Physiology](#) #556 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect](#)

Age Range: 9 - 14 years

Grade Level: 3 - 9

## Customer Reviews

Ok, so we know how teenagers know absolutely everything about everything. I've got two of 'em 14 and 16 [both boys] and I must say, all that knowledge can, at times, be very useful. Most especially when I get a name wrong, they seem to know the name of every single one including their entire family trees " at times, going back decades |However, and there is a big however • Sometimes they don't know how to do things, they get stressed, they have to work hard in school and it doesn't always seem to lead to the desired results. It's not just hard but almost impossible to work it out for them, raise their self-esteem, encourage them to work hard and still make sure they don't lose that all important "cool image" •But guess what, I know a couple of heroes, they've come on board, they don't know all the answers, but boy

do they know a lot, and theyâ™ve only gone and written the most amazing book, and itâ™s just for teenagers! Itâ™s all about their brains and how all the stuff theyâ™re feeling, hearing, learning to figure out, dreaming and wanting is down to their BRAINS. Itâ™s called: âœThe Owners Manual for Driving Your Adolescent Brainâ • You might think, â^They wonâ™t read itâ™ they will, trust me, mine did, so did their friends and the verdictâ | âœThis is coolâ •Impressive! from such a fussy, all knowing audience. The heroes: Dr. JoAnn Deak and Dr. Terrance Deak . JoAnn Deak wrote the prequel to this great book. Another great, multi award winning book for â^still easy to impress kidsâ™ â^Your Fantastic Elastic Brainâ™Get this book for your wonderful, all knowing, amazing teenagers

Dr. Deak is a scholar with a gift for translating the latest cutting-edge Brain Research into clear, compelling, memorable layperson's terms. That's partly because she's such a masterful story-teller. The anecdotes and narratives in which she embeds all her "lessons" bring neuroscience to life for her readers. This is precisely the kind of volume one can't put down. Dr. Deak has penned a true page-turner here. You'll relish it for all the new and important content she presents; and you'll remember it for her clear, simple prose and her easily accessible narrative style. I can't recommend her latest book here highly enough....!

As a mother of four children and grandmother of 3 children, I so wish Dr. Deak's books would have been available years ago. This is the sequel to Your Fantastic Elastic Brain, and every bit as informative and inspiring for adolescent minds, ages 10-20, as her former book was for ages 1-10. If you have an adolescent you love who will soon enter adolescence or has already arrived into this challenging, ever evolving age, this book is a must! The data and illustrations are fun while using scientific research to provide facts for helping you to understand the brain's behavior and growth during this time. This is an important read for adults, but, more importantly, fun for their kids to explore. My granddaughter is still in the Fantastic Elastic stage, but she loves the first book and has used the information to understand why she was struggling with a math problem, and voila! her struggle ended! She and my other two grandchildren will be receiving their own copies of The Owner's Manual for Driving Your Adolescent Brain. Dr. Deak has joined forces with her neuropsychologist nephew, Dr. Terrence Deak, who does nothing but enhance the already amazing concepts from her own research. What a team! I highly recommend this book!

I bought a book for each and every middle school student in my school. What a pleasure to watch

them reading it and then asking intelligent questions about the contents to Dr. Deak. Young adolescents are hungry for information that explains to them what is happening with their bodies, minds, and emotions -- and the "Owner's Manual" provides that in a straightforward yet entertaining way. This is a MUST read for young adolescents and those who love them.

The Drs. DEAK will knock your socks off! They not only explain WHAT is going on in the adolescent brain but WHY. This is the kind of book that should be discussed in parent book clubs, shared in the faculty lounge, and make it on every student's summer reading list! Our elementary school students have loved Your Fantastic Elastic Brain...can't wait to hear what our middle school students have to say about The Owner's Manual. And if you haven't heard Dr. JoAnn Deak speak in person- make that your New Year's resolution.

Dr. Deak is an exceptional writer and, if you are the parent of an adolescent or work with one or several on a regular basis, her insights are invaluable. Dr. Deak provides a wonderful light in the dark of why adolescents do what they do. Fortified with this knowledge, you will be a better parent and/or teacher. If you happen to be an adolescent, Dr. Deak is even more helpful as she provides an explanation of why you think and feel as you do. Be careful, however, her work does not provide justification for poor choices, only an opportunity to learn from these moments. Make sure you take advantage of learning this now. It will make the rest of adolescence all the better!

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