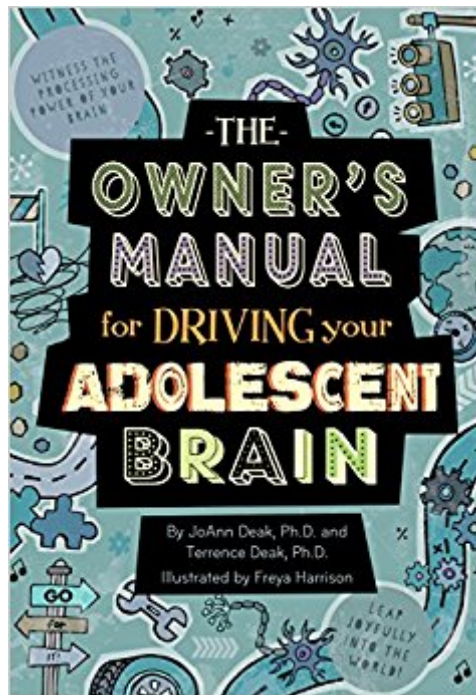


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# The Owner's Manual For Driving Your Adolescent Brain



## Synopsis

Tweens and Teens! Think you know everything about your brain? Think again! Your brain is in its second decade, and that means you have the opportunity to blaze your own trail by shaping your brain, building its strengths, and avoiding dangers with the decisions you make. Your brain is an amazing vehicle that will take you through every one of your life's experiences. Wouldn't it be good to have an owner's manual? 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 mistakesâ€”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! The exciting follow-up to Your Fantastic Elastic Brain, The Owner's Manual for Driving Your Adolescent Brain has won six awards: The Academics' Choice "Smart Book" Award; The PubWest Book Design Gold Award; The Mom's Choice Gold Award; The Moonbeam Silver Award, The Nautilus Silver Award; and The IBPA Benjamin Franklin Silver Award."

## Book Information

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Age Range: 9 - 14 years

Grade Level: 4 - 9

## Customer Reviews

In their introduction, the Deaks use the analogy of learning to drive a car to describe how their book

is going to help adolescents learn to drive their brains. The idea of a car owner's manual is quite apt, since the two PhDs take readers on a hard-science tour of the physical makeup of the brain and offer ways to better understand, protect, and improve it. Though the authors are initially heavy with terms like neuron, axon, and corpus callosum, they work hard to not alienate the less scientifically inclined by using a friendly, reassuring manner and frequent references to invitingly familiar things, such as sports and music. Harrison's warm illustrations help considerably, featuring smiling adolescents interacting with enlarged parts of the brain's geography or playing guitar, and these pictures situate the reading audience comfortably at the lower end of adolescence. With recommendations for exercising and working hard, a section devoted entirely to puberty, a glossary, and further-reading suggestions, this is a well-rounded primer that will help adolescents and delight (and potentially educate) their parents. Grades 4-6. --Jesse Karp

"This owner's manual lets teens kick the tires as they learn to drive their new-model brains. The Owner's Manual for Driving Your Adolescent Brain offers fun-filled, easy-to-understand information about how the brain works, grows, and develops to help young people successfully navigate through the challenging years from ages ten to twenty." (ForeWord Reviews) The Huffington Post-If you have adolescents in your house, at some point you must have said, "What were you THINKING?" Such exasperating conversations with your teenage son or daughter probably happen all too often, but have you considered the dynamic changes occurring or how to empower your adolescent for better decision-making."Peppered with colorful cartoons to drive home its serious points, The Owner's Manual for Driving Your Adolescent Brain lives up to its title and is enthusiastically recommended especially for grade school, high school, and public library collections." Midwest Book Review

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.

Parts of this we're interesting, to be certain. But the whole thing was distractingly childish and not appealing to my 13 year old. The juvenile illustrations belie the degree of mental capacity necessary to grasp the concepts. Overall, I didn't find this book appealing. I'm going to give it to the local Youth Counseling Center, as they will certainly have an audience for it.

Firstly I should mention that the quality is such that it is virtually impossible to read on a kindle touch. It is not formatted like a standard book and comes across more like a pdf file. I was able to read it easier on the ipad. At first glance my teenagers (18 & 16) found the tone and examples to childlike so perhaps it's better aimed at younger teens. Sadly, due to the difficulty reading it with the existing formatting, I returned the book.

The text in kindle is digitized as an image and is too small to read. Each paragraph is a separate image. If you try to zoom on it, part of it is cut off by the edges of the screen. I've tried on computer, ipad, and iphone. It doesn't open on a computer. I want to read the book, but I can't.

Great for ages ten through twenty, it is clear, empowering, and written in plain English. The research is outstanding and examples are great. I agree it is based on science and not opinion.

Listening to the author on the radio multiple times I believed this book would be much better...I am an engineer and I got bored....how is a teen supposed to be engaged?

This book makes understanding the brain and its intricacies accessible and engaging for kids. I

Highly recommend this book for the adolescence in your life!

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