

SCIENCE/PSYCHOLOGY/YOUNG ADULT

\$14.95  
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12 AND UP

# The Teen Brain Book

## Who & What Are You?

UNDERSTAND YOUR OWN BRAIN, HOW IT WORKS,  
HOW YOU GOT THE WAY YOU ARE, HOW TO REWIRE  
YOURSELF, YOUR PERSONALITY, WHAT MAKES YOU SUFFER

- Who and what are you? The brain's best kept secret!
- Are you really free to choose your life? What is this 'self'? Why do you, your family, your friends behave the way they do?
- The teen brain and how it develops: teen brain circuits, judgment, I.Q., intelligence, sense of responsibility: *brain science, neuroscience, for teens*
- Are you unique, or like everybody else? Robots, cyborgs, and you! Genes, environment, evolution
- Ages and stages: brains and behavior: talents, mental problems, misfits
- Rewiring by reiring: how to change yourself: tools to change your brain circuits yourself
- Teen stories: can you identify yourself?
- The teen brain is not set in cement: how to change what you don't like about yourself, what makes you suffer

Author of dozens of books for Young Adults, Carlson has been awarded three ALA Notable Book Awards, the Christopher Award, and is listed on New York Public Library's Best Books for Teens

*School Library Journal* says, "Heady stuff...thought-provoking guide."

*The New York Times Book Review* says of Carlson, "She writes with "intelligence, spunk and wit."

*Publishers Weekly* says, "A practical focus on psychological survival."

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