Understanding the role of brain changes in adolescent behavior and development.

Linda Spear provides a detailed and illuminating overview of the genetic, hormonal, and neurological developments that take place during adolescence, and shows how these changes, along with influential sociocultural factors, interact to produce distinctly adolescent behaviors and thought processes. The tension between taking risks, impulsivity, and self-control—a struggle evinced by many adolescents, especially those in therapeutic treatment—is also examined for its sources within the brain. The result is a fascinating overview of the adolescent brain, with profound implications for the clinical treatment of adolescents.

My Personal Review:
The Behavioral Neuroscience of Adolescence is a pick for college-level collections strong in psychology and psychotherapy, and offers the latest research on developmental changes in the adolescent brain and how they change our understanding of adolescent behaviors. The neuroscience of the adolescent brain considers how brain changes linked to behavior change the approach and nature of adolescent therapy, making this a pick for college libraries strong in psychotherapy approaches and science.

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