



Brainstorm: The Power and Purpose of the Teenage Brain

By Daniel J. Siegel MD

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In this *New York Times*—bestselling book, Dr. Daniel Siegel shows parents how to turn one of the most challenging developmental periods in their children’s lives into one of the most rewarding.

Between the ages of twelve and twenty-four, the brain changes in important and, at times, challenging ways. In *Brainstorm*, Dr. Daniel Siegel busts a number of commonly held myths about adolescence—for example, that it is merely a stage of “immaturity” filled with often “crazy” behavior. According to Siegel, during adolescence we learn vital skills, such as how to leave home and enter the larger world, connect deeply with others, and safely experiment and take risks.

Drawing on important new research in the field of interpersonal neurobiology, Siegel explores exciting ways in which understanding how the brain functions can improve the lives of adolescents, making their relationships more fulfilling and less lonely and distressing on both sides of the generational divide.

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Editorial Review

Review

"**Brainstorm** is a must read book for every parent if they want to avoid emotional turbulence in their own lives as their children go through adolescence. It's lifesaving for the whole family."

—Deepak Chopra, MD

"**Brainstorm** is eye-opening and inspiring, a great gift to us all—teens, parents of teens, and anyone who wants a full and rich life on this planet. Daniel Siegel shows how the supposed downsides of the teen years all have upsides, and that the lessons for living that await teens are ones any of us, at any age, can learn from."

—Daniel Goleman, author of *Emotional Intelligence*

"Siegel emerges as a bighearted writer, fully convinced that we all possess the fundamental virtues to navigate the choppy waters of adolescence, and he is eager for us to set them loose, working with adolescents to cultivate the positive aspects—and he is hugely convincing of the intense engagement and creativity that often accompany this time period in a person's life. Smart advice...on providing the most supportive and brain-healthy environment during the tumultuous years of adolescence."

—KIRKUS REVIEWS

"This book is chock-full of cutting-edge knowledge as well as a deep compassion for teenagers, the adults they will become, and the teenagers in all of us."

—Alanis Morisette

"**Brainstorm** is a necessary look at why adolescents do what they do that can put parents in an emotional frenzy. The information that Dr. Dan Siegel shares is not only invaluable for understanding your growing child's brain, but helps build more compassion and patience. A gift for us all."

—Goldie Hawn

"By the end of this book, the teenager has been transformed from a monstrous force into a thinking, feeling, and entirely approachable human being."

—PUBLISHERS WEEKLY

"I strongly recommend **Brainstorm** to teens and those who care for them."

—Mary Pipher, author of *Reviving Ophelia*

"'You just don't get me' is a common refrain from teenagers to their parents and teachers. Adolescents who read this book will discover that Daniel Siegel gets them . . . This respectfulness is why the book works so well as a manual for adolescents, as well as for their parents and mentors."

—Lawrence Cohen, author of *The Opposite of Worry*

About the Author

Daniel J. Siegel, M.D., is clinical professor of psychiatry at the UCLA School of Medicine, founding codirector of the UCLA Mindful Awareness Research Center, and executive director of the Mindsight Institute. He is also coauthor of *Parenting from the Inside Out* and *The Whole-Brain Child*, and the proud father of two children in their twenties.

Users Review

From reader reviews:

Rodolfo Rodgers:

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Herman Deans:

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