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## Your Changing Brain: A Guidebook (Paperback)

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By Jeff Szpirglas

Crabtree Publishing Company, 2018. Paperback. Condition: New. Language: English . Brand New Book. The first few years of life were thought to be the most important in brain development. With the aid of modern brain-imaging technologies, we now know the brain undergoes a substantial remodeling process during adolescence. This insightful title is designed to empower readers as they learn how areas of the brain related to decision-making, planning and goal setting, impulse control, and social interactions are affected by this process of change. They will also discover that personal choices, experiences, and environment play a pivotal role in adolescent brain development. Strategies help readers build emotional intelligence, manage stress, and adopt a proactive, mindful approach to minimize vulnerabilities and maximize their potential for positive personal development during adolescence. --.



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