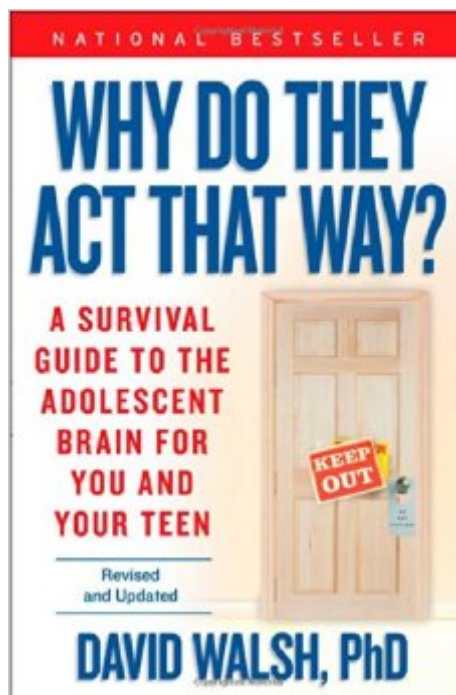


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# Why Do They Act That Way? - Revised And Updated: A Survival Guide To The Adolescent Brain For You And Your Teen



## Synopsis

The tenth anniversary edition of this national bestseller goes beyond raging hormones and peer pressure to explain why adolescents act the way they do and what parents and teachers can do about it—and it's now thoroughly revised and updated to address the issues facing kids today: social media, online bullying, prescription drug abuse, stress, and nutrition. *Why Do They Act That Way?* was the first book to explain the scientific, brain-based reasons behind teens' impulsive behavior, lack of focus, self-consciousness, territoriality, fatigue, and their quickness to anger and take risks—to name just a few common teen problems. All these behaviors are linked to physical changes and growth in the adolescent brain. Ten years ago, there was no Facebook, Instagram, or Snapchat. Now every kid has a smartphone and a Twitter account. Award-winning psychologist Dr. David Walsh has now updated his 2004 classic with the most current research into the adolescent brain, and he's also updated his guidance for parents and teens on navigating the new challenges of the 24/7 online world. With real-life stories and reassuring guidance, Walsh provides realistic solutions for dealing with everyday and major challenges. Sample dialogues help teens and parents talk civilly and constructively with one another; behavioral contracts and Parental Survival Kits provide practical advice for dealing with issues like curfews, disrespectful language and actions, and bullying. As a parent, psychologist, coach, and trusted expert, Dr. Walsh offers the best advice to help adolescents thrive and parents survive.

## Book Information

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## Customer Reviews

I have been reading about child and adolescent development since my graduate school days. Later, when my children were born I was also a voracious reader of all the major writers on child and adolescent development. How I wish I had this book when my kids were in junior and senior high school! Dr. Walsh has absolutely nailed adolescence. Amazing. He has taken an enormous amount of scholarly research and delivered it to us in readable and useable form. He clearly loves what he does and his passion for kids shines through in every chapter. It is a joy to read such a powerful combination of scholarship and common sense. Someday I would love to meet this man. I am sure I would learn a lot. I recommend this book without reservation to every parent and teen out there who wants to understand these years.

This will likely benefit anyone who is a parent of an adolescent. I think that it would also be helpful to adolescents themselves (if they would read it) in understanding some of their own behavior. Walsh provides a lot of information on the latest research in brain development from adolescence to adulthood and its effects on attitudes, behavior, etc. He also discusses hormonal changes as well as cultural and other influences that are helpful in understanding the teen years. Along with the scientific research he provides, Dr. Walsh also compares parenting styles, discusses activities for kids that can help in the short and long term, and provides realistic ideas for parenting during these tumultuous years. One of his particularly good suggestions is behavioral contracts. He provides a couple of specific examples of these, which are quite good. One great quote that he has to start off chapter one makes it clear that surviving adolescence has been an issue for millennia: "Our youth now love luxury. They have bad manners, contempt for authority; they show disrespect for their elders and love chatter in place of exercise; they no longer rise when elders enter the room; they contradict their parents, chatter before company; gobble up their food and tyrannize their teachers". This is attributed to none other than Socrates in the fifth century, B.C. Walsh clearly defines adolescence: "it begins at puberty and ends ... sometime". Interwoven with the scientific information and helpful tips, he relates some stories, funny and otherwise, that most parents of those in this age group will be able to understand. One that I found particularly humorous related to ultra cold weather and adolescent dressing habits. This can be found on page 214. I recommend this book.

What's most remarkable about this book is how easy and fun it is to read. There are lots of stories sprinkled in with the scientific information, and Walsh's friendly, engaging voice comes across on every page. I wish I'd had this book when I was a teenager. It would have been nice to know that pains and dramas that afflicted me were the part of the process of literally growing into my adult

brain. I know this book is intended for parents, but I think there are a lot of kids out there who would find it a good read too.

This book brings the reader upfront and close to what is happening in the brains and lives of teens. It is one of those rare nonfiction books that the reader doesn't want to put down. David Walsh's conversational style of writing, peppered with many examples from his own work and life with teens, is thoroughly engaging. The added plus is his many useful and practical ideas for connecting with adolescents. He is clear and concise in offering strategies both for loving and coping with teens. His integration of the latest brain research with his expertise and years of experience working with teens makes this a classic for parents, teachers and anyone having contact with teens.

I was a hard sell when given this book. I was concerned that it was going to offer One Big Excuse for sorry teen-age behavior. I was already seeing the headlines: Teen Not Guilty; It wasn't his fault; His PFC made him do it! Instead, I learned a great deal from this book. I wish the science had been there years ago. Besides getting a peek into the seemingly unfathomable teen-age brain, Walsh gave valuable information about how to handle the problems that come up as a result of the difficult transition known as adolescence. I see this information not so much as an excuse for poor behavior as it is a guide to lead people away from it. I recommend this book to teachers or anyone who has a child younger than 25!

As a developmental psychologist, I understand how children develop and behave. As a father, I understand how perplexing their behavior often seems. Dr. Walsh has managed to use the latest information in developmental neuroscience to tie these two sides together in a way that the lay reader will comprehend, which ultimately will help parents of adolescents to stop being so perplexed and to be able to interact with their adolescents in a positive way. Dr. Walsh, as always, mixes science with common sense and humor, and provides research-based advice that all parents can use. This is one reason why his organization, the National Institute on Media and the Family ([...]) has become such a trusted resource for parents, educators, and policy-makers.

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