



Why Do They Act That Way? - Revised and Updated: A Survival Guide to the Adolescent Brain for You and Your Teen

By Dr. David Walsh Ph.D.

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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.

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Editorial Review

Review

"A powerful, practical book on the teenage brain. Walsh is a storyteller with the gifts of simplicity and clarity. This book is an easy read, but its message is fresh, nuanced, and important. I recommend it to all parents who ask themselves, 'Why do they act this way?'"

-- Mary Pipher, Ph.D., author of *Reviving Ophelia*

"You'll finish it feeling as if you've just had coffee with someone who is not only entertaining and enlightening but who knows exactly how it feels to be the mom or dad of a twenty-first-century teen."

-- Cheryl Dellasega, Ph.D., author of *Surviving Ophelia*

"Parents will find the book immensely informative, reassuring, and useful. I highly recommend it!"

-- Edward Hallowell, M.D., author of *Driven to Distraction* and *The Childhood Roots of Adult Happiness*

From the Inside Flap

"Dr. Walsh is a teacher, scientist, therapist, and parent and all of these roles enable him to deliver a powerful, practical book on the teenage brain. Usually when I study the brain, my eyes cross and I fall asleep, but Walsh is a storyteller with the gifts of simplicity and clarity. This book is an easy read, but its message is fresh, nuanced, and important. I recommend it to all parents who ask themselves, 'Why do they act this way?'"

--Mary Pipher, Ph.D., author, *Reviving Ophelia*

"Teenagers...those baffling and scary creatures your adorable kids turned into, leaving you puzzled and angry all the time. Dave Walsh's weaving together of current understanding of the teenage brain with years of clinical experience with teens has produced a thoughtful, practical and down-to-earth guide that enables parents to understand and deal well with their teenager. If you are struggling with your adolescent, or even anticipating your child's entrance into those crazy years, this book will show you why it all makes sense and how to help both you and your teen have the healthiest, sanest passage."

--Gail Saltz, M.D., Assistant Professor of Psychiatry, The New York Presbyterian Hospital; Today Show Mental Health Contributor; Author of *Becoming Real*

"Why Do They Act That Way is a comprehensive guide to the biology behind just about every adolescent behavior a parent or teacher might encounter. Drawing from his extensive clinical experience, Dr. Walsh walks the reader through many situations he has helped resolve through an understanding of how teen brains grow and develop. His gentle humor and friendly exploration of some personal parenting mishaps make this a highly readable and helpful book. You'll finish it feeling as if you've just had coffee with someone who is not only entertaining and enlightening but who knows exactly how it feels to be the mom or dad of a twenty first century teen."

--Cheryl Dellasega, Ph.D., Author of *Surviving Ophelia*, *GirlWars* (with Charisse Nixon), and *Stung! Adult Women Who Are Queen Bees, Middle Bees, and Afraid-to-Bees*

"Why Do They Act That Way? actually answers the question, at least as best as it can be answered. This superb book combines science, psychology, and direct experience with adolescents to create a warm-hearted, intelligent, and practical guide. Parents will find the book immensely informative, reassuring, and useful. I highly recommend it!"

--Edward Hallowell, M.D., author of *Driven to Distraction*, *The Childhood Roots of Adult Happiness*, and *Dare to Forgive*

"The adolescent brain is NOT an oxymoron! Parents and teachers need to understand its critical developmental needs, and Dr. Walsh's clear, scientific, and humane counsel is just the ticket. I especially like his real-life stories and the chapter on helping kids manage the media."

--Jane M. Healy, Ph.D., Educational Psychologist and author of *Your Child's Growing Mind* and *Failure to Connect*

About the Author

David Walsh, Ph.D., is one of the world's leading authorities on children, teens, parenting, family life, and the impact of technology on children's health and development. He founded the internationally renowned National Institute on Media and the Family. He is on the faculty of the University of Minnesota and lives in Minneapolis with his wife, Monica. They have three adult children and five grandchildren.

Users Review

From reader reviews:

Janice Delarosa:

This *Why Do They Act That Way? - Revised and Updated: A Survival Guide to the Adolescent Brain for You and Your Teen* tend to be reliable for you who want to be a successful person, why. The explanation of this *Why Do They Act That Way? - Revised and Updated: A Survival Guide to the Adolescent Brain for You and Your Teen* can be one of several great books you must have is definitely giving you more than just simple reading food but feed a person with information that maybe will shock your earlier knowledge. This book is definitely handy, you can bring it everywhere and whenever your conditions in e-book and printed kinds. Beside that this *Why Do They Act That Way? - Revised and Updated: A Survival Guide to the Adolescent Brain for You and Your Teen* giving you an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that we understand it useful in your day action. So , let's have it and luxuriate in reading.

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Beverly Rosa:

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programs or just telling lies on the bed? Do you need something totally new? This Why Do They Act That Way? - Revised and Updated: A Survival Guide to the Adolescent Brain for You and Your Teen can be the reply, oh how comes? A fresh book you know. You are and so out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these ebooks have than the others?

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