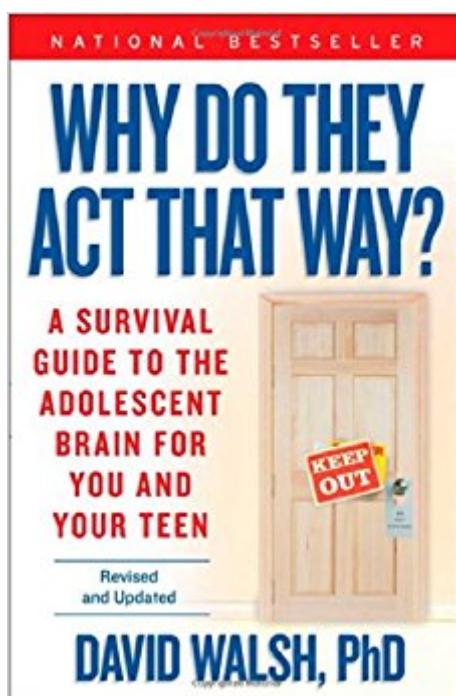


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# Why Do They Act That Way? - Revised And Updated: A Survival Guide To The Adolescent Brain For You And Your Teen



## 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. 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

"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*

"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 --This text refers to an out of print or unavailable edition of this title.

A great book! As a HS Teacher I found it very easy to digest and full of good information.

I love this book! Dr. Walsh provides simple, yet detailed information about the inter workings of the adolescent brain, why it happens, and suggestions for helping kids and parents work through it. I am a middle school teacher, and I read this book every year just before school starts. It has helped me help students and parents get through those sometimes very difficult years. This is the sixth copy I've bought in about ten years, and I'd buy it again and again just to make sure I have a copy available and as gifts for others. I highly recommend this incredible guide to parents and teachers! I also recommend his updated/revised copy and his other books.

It was an easy read with a lot of practical advice. The author uses anecdotes to reinforce his advice. However, I think more references to the scientific research would have helped.

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.

Very helpful. The book covers a lot of different scenarios with teenagers. It helped me understand why my child was having such erratic behavior. It gave me a different perspective, and helped me grasp how to go through this difficult time with my child. I hope that it helps with our relationship. I know it helped me understand what was going on with my child better and more constructively. I would highly recommend this book to almost anyone with a child between ages 12-16.

My own mistake, I accidentally bought an older version.

As a counselor focused on a developmental perspective and one who works with many adolescents and their families I found this book to be informative and easy to read. I spend a great deal of time reading and preparing for parenting classes and seminars. I feel very strongly that a clear understanding of brain development is essential to clarifying one's understanding of adolescent behaviors. Dr. Walsh provides a great deal of good information from many perspectives; focusing on a theme of providing your adolescent with the wings to fly while making certain they have secure roots as he encourages parents to parent with love while meeting the adolescent's need for connection and guidance. I will most definitely use his very helpful discussion on teens "Falling in Love" vs the later developmental experience of "Standing in Love" as managing emotions and romantic relationship issues are a high priority at this stage of development. Dr. Walsh explains things for the purposes of reaching a broad audience while remaining true to the facts evidenced in the most recent research. I find this book to be a wonderful compliment to Daniel Siegel's works: "Parenting from the Inside Out" and "The Developing Mind". I highly recommend this book to my fellow youth and family counselors and to parents of teens looking for valuable guidance in parenting.

Although this book poses a question that will go down through the ages unanswered, it does give

wonderful, insightful, developmental and psychological explanations for much of what goes on in the teen brain for parents saddled with the hair-raising job of living with one. It is, HANDS-DOWN, the best book I ever read on understanding your adolescent. No other book came close to being as informative as this one. If you buy it, I don't think you'll ever regret it. Out of compassion, you'll probably end up giving a copy to every parent of teens you meet.

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