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""Our Brain's Regulatory Systems"" ""From Emotional Arousal to Conscious Decision""; ""The Biology of Risk and Security""; ""Adults and Adolescent Risks""; ""Chapter 7 - Technology and Drugs: Going beyond Nature""; ""Biological Stress""; ""Technological Enhancement""; ""Drug Support""; ""Psychoactive Drugs: A Primer""; ""Chapter 8 - The Arts and Humanities: Going beyond Reality""; ""Adornment""; ""Language, Music, and Dance""; ""The Humanities""; ""Chapter 9 - Collaboration and Autonomy: Going beyond Adolescence""; ""Collaboration""; ""The Reach for Autonomy""
""Appendix A: Neurotransmitters and Neural Transmission"" ""Appendix B: The Cerebral Cortex""; ""Glossary""; ""References and Resources""; ""Index""

Sommario/riassunto

Easy-to-understand theories and nontechnical language help educators and parents understand how the teenage brain thinks, feels, learns, and changes on its journey to adulthood.
