



The Owner's Manual for Driving Your Adolescent Brain

JoAnn Deak, Terrence Deak

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The Owner's Manual for Driving Your Adolescent Brain is packed with the goods on glia and the news about neurons, with a cool way to test your brain power and the scoop on how it's OK to make mistakes—they'll make you stronger, if you use them as an opportunity to learn. It's all about training your brain to help you become the very best version of yourself!

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