

Age of Opportunity: Lessons from the New Science of Adolescence

By Laurence Steinberg

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“Simply the best book I have ever read about adolescence. . . With gentle wisdom, Steinberg guides us through truly novel findings on what happens during adolescence and tells us how, as parents and teachers, we should change our ways.” — Martin E. P. Seligman, Ph. D., author of *The Optimistic Child*

“If you need to understand adolescents—whether your own or anyone else’s—you must read this book . . . Steinberg explains why most of our presumptions about adolescence are dead wrong and reveals the truth about this exciting and unnerving stage of life.”—Jennifer Senior, author of *All Joy and No Fun*

Over the past few decades, adolescence has lengthened, and this stage of life now lasts longer than ever. Recent research has shown that the adolescent brain is surprisingly malleable, making it a crucial time of life for determining a person’s future success and happiness. In *Age of Opportunity*, the world-renowned expert on adolescence Laurence Steinberg draws on this trove of fresh evidence—including his own groundbreaking research—to explain the teenage brain’s capacity for change and to offer new strategies for instilling resilience, self-control, and other beneficial traits. By showing how new discoveries about adolescence must change the way we raise, teach, and treat young people, Steinberg provides a myth-shattering guide for parents, educators, and anyone else who cares about adolescents.

“A fascinating book [that] parents and teachers ought to read.”—*Atlanta Journal Constitution*

“This book belongs on the shelf of every parent, teacher, youth worker, counselor, judge—heck, anyone interested in pre-teens and teenagers.”—David Walsh, Ph.D., author of *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen*

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Editorial Review

Review

"This study will be gratefully received by many for its advice on how our increasing understanding of adolescent development can be put to **practical use** in helping adolescents through emotional and behavioral tumult ... Steinberg's **audience** is as broad as his approach and includes **parents, educators, politicans, businesspeople, and health care professionals**. A clear and canny look into the adolescent brain that **will help influence adolescent lives for the better**." —*Kirkus Reviews*

"This is a convincing and eloquent call for change." —*Publishers Weekly*

"**Simply the best book I have ever read about adolescence**, and I say this as both the father of seven and as a scientist who works in this field. Steinberg guides us through **truly novel** findings on what happens during adolescence and tells us how, as parents and teachers, we should change our ways." — **Martin E. P. Seligman**, Ph. D., author of *Learned Optimism* and *The Optimistic Child*

"As a mother of two boys and an educator, I am so grateful Laurence Steinberg has written this amazing book. He not only clearly and elegantly communicates **the newest insights into understanding teenagers' brains** but also shows how adults can manage ourselves when we get frustrated with teens' behavior." — **Rosalind Wiseman**, author of *Queen Bees and Wannabes* and *Masterminds and Wingmen*

"**If you need to understand adolescents — whether your own or anyone else's — you must read this book.** Steinberg explains **why most of our presumptions about adolescence are dead wrong** and reveals the truth about this exciting and unnerving stage of life. Written with warmth, lucidity, and passion, ***Age of Opportunity* will fill parents with relief** by demystifying their children. Educators and policy-makers should study it carefully." — **Jennifer Senior**, author of *All Joy and No Fun*

"**I love this book!** Steinberg has blended the latest research with his decades of expertise to give us a **bold new view** of the perils and promise of adolescence." — **Daniel J. Siegel**, M.D., Clinical Professor, UCLA School of Medicine, and author of *Brainstorm: The Power and Purpose of the Teenage Brain*

"**Clear, evidence-based, and solutions-oriented, *Age of Opportunity* is the roadmap you need whether you already have a teen or young adult, or are preparing for one.**" — **Madeline Levine**, Ph.D., author of *The Price of Privilege* and *Teach Your Children Well*

"A fascinating and important book. **What every parent, teacher and counselor MUST know about the adolescent brain**, its vulnerabilities, and its tremendous possibilities." — **Carol Dweck**, Professor of Psychology, Stanford University, and author of *Mindset*

"A **masterful** summary of what science has recently discovered about adolescence. I learned something new on every page." — **Angela Duckworth**, Ph.D., MacArthur Fellow and Associate Professor of Psychology, University of Pennsylvania

"This fascinating book gives us cause for concern, cause for hope and cause for celebration. Whether you're a parent or an adolescent yourself, you should read it. **There's information in these pages that could change and improve your life.**" — **Peg Tyre**, author of *The Good School: How Smart Parents Get Their Kids the Education They Deserve*

"Steinberg explains how 'abnormal' adolescent behavior is actually 'normal.' **This book belongs on the shelf of every parent, teacher, youth worker, counselor, judge** — heck, anyone interested in pre-teens and teenagers." — **David Walsh**, Ph.D., author of *Why Do They Act That Way?*

"Based on **cutting-edge research** and the wisdom of **a leading authority in the field**, this **magnificent** book will captivate parents, teachers, policy-makers and adolescents themselves." — **Sarah-Jayne Blakemore**, Ph.D., Professor of Cognitive Neuroscience, University College, London

From the Back Cover

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About the Author

LAURENCE STEINBERG, Ph.D. is one of the world's leading experts on adolescence. He is Distinguished University Professor of Psychology at Temple University, in Philadelphia. Dr. Steinberg is the author of more than 350 articles and essays on development during the teenage years, and the author or editor of fourteen books, including *You and Your Adolescent,The 10 Basic Principles of Good Parenting,Beyond the Classroom,* and *Adolescence,* the leading college textbook on the subject. He has been a featured guest on numerous television programs, including *CBS Morning News, Today, Good Morning America, 20/20, Dateline, PBS News Hour,* and *The Oprah Winfrey Show,* and is a frequent consultant on adolescence for print and electronic media, including the *New York Times* and NPR. He has also written for the *New York Times, Wall Street Journal, Washington Post, USA Today,* and *Psychology Today*. A graduate of Vassar College and Cornell University, Dr. Steinberg is a Fellow of the American Academy of Arts and Sciences, the American Psychological Association, and the Association for Psychological Science.

Users Review

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Alexander Ratcliff:

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Lisa Cook:

Playing with family within a park, coming to see the coastal world or hanging out with pals is thing that usually you will have done when you have spare time, and then why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Age of Opportunity: Lessons from the New Science of Adolescence, you are able to enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

Lauren Cook:

That book can make you to feel relax. That book Age of Opportunity: Lessons from the New Science of

Adolescence was vibrant and of course has pictures on there. As we know that book Age of Opportunity: Lessons from the New Science of Adolescence has many kinds or category. Start from kids until teenagers. For example Naruto or Investigator Conan you can read and think you are the character on there. Therefore not at all of book usually are make you bored, any it offers you feel happy, fun and chill out. Try to choose the best book for you and try to like reading this.

Randy Caldera:

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