



Tormenta cerebral (Spanish Edition)

Daniel J. Siegel

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«*Tormenta cerebral* es revelador y vivificante... Daniel Siegel demuestra que los supuestos inconvenientes de los años jóvenes tienen también sus ventajas, y que las lecciones de vida que esperan a los adolescentes son lecciones de las que puede aprender cualquiera de nosotros, a cualquier edad. Adolescentes y padres pueden beneficiarse inmensamente de la lectura de este libro, juntos o por separado.»

—Daniel Goleman, autor de *Inteligencia Emocional*

«*Tormenta cerebral* es una lectura obligada para todos los padres que quieren evitar las turbulencias emocionales en su vida mientras sus hijos atraviesan la adolescencia. Es un salvavidas para toda la familia.»

—Deepak Chopra, médico

Entre los doce y los veinticuatro años el cerebro se transforma de manera decisiva y, con frecuencia, complicada. En *Tormenta cerebral*, Daniel Siegel, el reconocido psiquiatra y autor de éxitos editoriales como *El cerebro del niño*, desmantela una serie de mitos populares sobre la adolescencia —por ejemplo, que es una simple fase de «inmadurez» llena de comportamientos a menudo «enloquecidos»— para descubrir cómo, en realidad, es una etapa transcendental de nuestras vidas a la hora de trazar la trayectoria del adulto que acabaremos siendo.

Siegel ofrece a los lectores un enfoque desde el interior para centrarse en cómo afecta a nuestra conducta y a nuestras relaciones el desarrollo del cerebro. Según Siegel, entender cómo funciona el cerebro puede mejorar las vidas de los adolescentes y hacer sus relaciones más satisfactorias y menos solitarias y perturbadoras.

Tormenta cerebral ofrece a jóvenes y a padres una hoja de ruta para entender la mente de los adolescentes, que no solo va a ayudar a las familias a sobrevivir, sino también a progresar durante los «años adolescentes» y más allá.

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