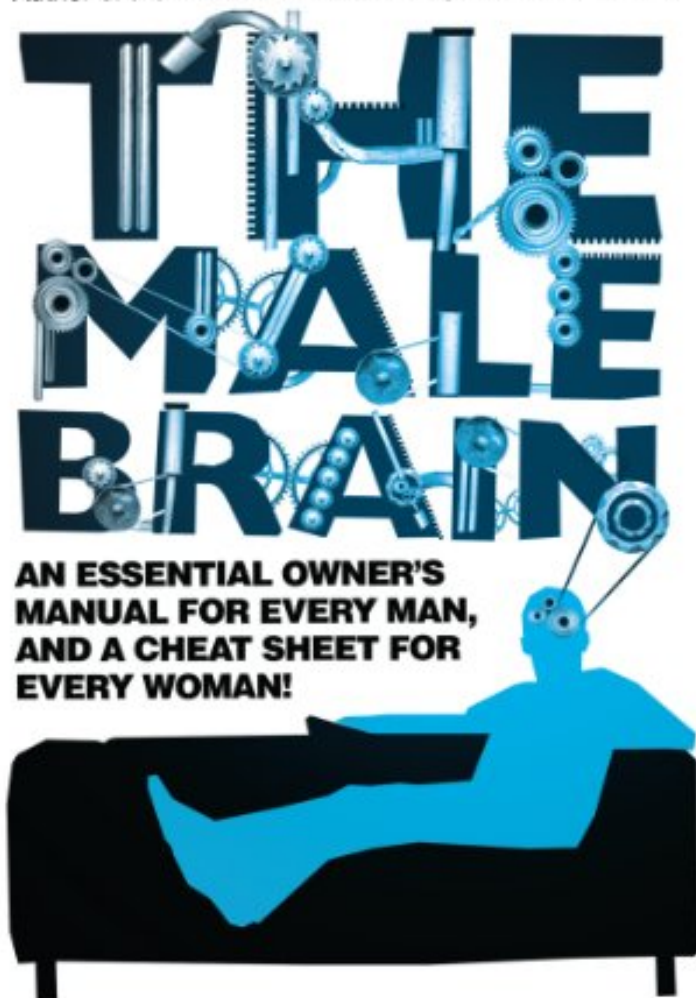


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The Male Brain

LOUANN BRIZENDINE, MD

Author of the international bestseller, *The Female Brain*



Par Louann Brizendine
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Description :

Prsentation de l'diteurFrom the author of the groundbreaking, international bestseller *The Female Brain* comes this eagerly awaited follow-up.Did you know that the male brain...is a lean, mean problem-solving machine that uses analytical brain structures, not emotional ones, to find solutionsthives under competition, instinctively plays rough, and is obsessed with rank and hierarchyhas an area for sexual pursuit that is 2.5 times larger than that of the female brain, consuming him with sexual fantasies about female body partsAs Dr Louann Brizendine's impeccably researched, irresistible guide follows the male brain from infancy to adulthood, it unlocks many secrets and offers fascinating insights into a range of subjects, including emotional intimacy, anger, agression, and winning. It also answers many baffling questions and exposes the

often shocking gulf that exists between the sexes.

EXTRAIT C O N T E N T S
INTRODUCTION: What Makes a Man
ONE: The Boy Brain
TWO: The Teen Boy Brain
THREE: The Mating Brain: Love and Lust
FOUR: The Brain Below the Belt
FIVE: The Daddy Brain
SIX: Manhood: The Emotional Lives of Men
SEVEN: The Mature Male Brain
EPILOGUE: The Future of the Male Brain
APPENDIX: The Male Brain and Sexual Orientation

Excerpt from Chapter Two: The Teen Boy Brain

TURN OFF your computer now, Jake! No gaming until that homework is done! shrieked Jakes mother as she pounded on his bedroom door. Opening the door a crack, Jake gave her a blank stare and grumbled something under his breath before shutting the door in her face. Kate knew hed probably turn the computer back on without the volume. But what she didnt know was that free porn sites were beginning to be more enticing to him than the war games he played online with his buddies. Kate was a patient of mine, and up until this past year, shed described her relationship with Jake as close and rewarding. But when her formerly happy and cooperative son turned fourteen, he became sullen and irritable. Struggle, struggle, struggle is all they seemed to do these days. When Kate and her husband, Dan, found out that Jake hadnt turned in a single English assignment in weeks, they worried that he might be drinking or experimenting with drugs. Thats when they scheduled a family appointment with me. During our session, Jake stared out the window and Dan listened politely as Kate wrenchingly complained that their son had suddenly become unreachable and secretive. Not only had Jake gotten into a fight with another freshman, named Dylan, but he also had a new group of friends, including a girl named Zoe whom Kate described as fast. Dan spoke up in disagreement, saying, Im not too worried about the fight or Jakes new friends. But I do expect Jake to keep his grades up. Meanwhile, Jake, with his curly brown hair and long, lanky limbs, see med dazed and oblivious to his parents worries about him. When I turned and asked him, What do you think of your parents concerns? he merely shrugged. It was clear that Jake, like most teens, wasnt going to say much of anything in front of his parents, so I suggested that he come in for a private session the following week. Since my own teen son had recently left for college after four long years of high school, I had a pretty good idea what Jake and his parents were going through. No matter how harmonious a boys childhood has been, puberty can change everything. This stage of child development requires that delicate parental maneuver of becoming disengaged without disengaging. Kate said she felt as if the Jake she knew had disappeared, and in some ways he had. Scientists have discovered that the teen brain in both sexes is distinctly different from the preadolescent brain. The changes that were becoming obvious in Jake were set in motion by his genes and hormones while he was still in utero. Now, with the end of the juvenile pause, it was time for Jake to ramp up his skills for surviving in a mans world. And he was ready and eager, even if his mother wasnt. At this stage, the millions of little androgen switches, or receptors, in his brain are hungrily awaiting the arrival of testosterone king of the male hormones. As the floodgates are flung wide open, the juice of manhood saturates his body and his brain. When my own son turned fourteen and became moody and irritable, I remember thinking, Oh my God, soon the testosterone will take him over mind, body, and soul.

TESTOSTERONE TSUNAMI

Although Kate worried that Jakes behavior was extreme, I assured her that he was no different from many other boys his age. At fourteen, Jakes brain would have already been under reconstruction for a few years. Between the ages of nine and fifteen, his male brain circuitry, with its billions of neurons and trillionsof connections, was going live as his testosterone level soared twenty fold. If testosterone were beer, a nine-year-old boy would get the equivalent of about one cup a day. But by age fifteen, it would be equal to two gallons a day. Jake wasnt into drugs or alcohol. He was loaded on testosterone. From then on, testosterone would biologically masculinize all the thoughts and behaviors that emerge from his brain. It would stimulate the rapid growth of male brain circuits that were formed before he was born. It also would enlarge his testicles, activate the growth of his muscles and bones, make his beard and pubic hair grow, deepen his voice, and lengthen and thicken his penis. But just as dramatically, it would make his brains sexual- pursuit circuits, in his hypothalamus, grow more than twice as large as those in girls brains. The male brain is now structured to push sexual pursuit to the forefront of his mind. Early in puberty, when images of breasts and other female body parts naturally take over their brains visual cortex, some boys wonder if theyre turning into pervs. It takes a little while for them to get used to their new preoccupation with girls, which runs on autopilot. This sexual preoccupation is like a large-screen TV in a sports bar always on in the background. When I share this information with teen boys in high-school classrooms, I can see recognition flash across many of their faces, if only for an instant, before they go back to looking bored. But sex is not the only thing on a teen boys mind. As the testosterone surged through Jakes brain cells, it was stimulating a companion hormone called vasopressin. Together, testosterone and vasopressin were making Jakes brain territorial about his room and sensitive to his peers putdowns

perceived or real. And when these hormones got mixed with the stress hormone cortisol, they supercharged his body and brain, preparing him for the male fight-or-flight response in reaction to challenges to his status or turf. Our brains have been shaped for hundreds of thousands of years by living in status-conscious hierarchical groups. And while not all teen boys want to be king of the hill, they do want to be close to the top of the pecking order, staying as far from the bottom as possible. And that can mean taking risks that get them into trouble. Like most of us moms, Kate couldn't fully appreciate or relate to all the changes in her teen son's brain. When Dan and Kate came into my office the next week, I said to Kate, "Don't worry. It takes about eight to nine years for the teen brain to complete the remodeling it began when he entered puberty. Jake's hormonally enhanced brain circuits will stabilize when he's in his late teens or early twenties. Kate's face fell. I'm not sure I'll live that long. This boy's killing me. I could see that she was only half joking. Dan turned to me and said, "Look, Jake's just like every other teenage boy that ever walked the planet Earth. He's gonna look at some porn. He's gonna blow off his homework, get in some fights, and drool over girls. Once he's grounded for a while, he'll come around."

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From the Hardcover edition. *Revue de presse* "In this utterly fascinating follow-up to her bestselling *The Female Brain*, Harvard neuropsychiatrist Brizendine leads readers through the lifespan of a man's brain, using lively prose and personable anecdotes to turn complex scientific research into a highly accessible romp. Among other salient info, readers will learn why it is what young boys seem unable to stay still (they are learning through "embodied cognition"); why behaviors may change so suddenly during puberty (among other changes, testosterone increases 20-fold); the nature of irritability in teens ("boys' hormones prime them for aggressive and territorial behaviors"); and the ways in which chemicals, physical touch, and play bond fathers with their children. With clearly detailed scientific explanations for how characteristics like anger expression, analysis of facial expression, and spatial manipulation differ between the sexes, Brizendine's review of brain and behavioral research should net a broad audience, from parents of boys to psychology students to fans of her first volume. Brizendine also includes an appendix regarding the brain and sexual orientation, as well as lengthy endnotes and an exhaustive reference list."--*Publishers Weekly*, Starred "As a woman who has known complicated men her whole life, I can't help but wish *The Male Brain* had been around when I was a girl. Dr. Louann Brizendine's lucid, lively, and always fascinating discussion of how the male brain works (and why) has enlightened me in more ways than I can count. Now I can't wait to give the book to all my women friends." Jane Fonda, actress and author of *My Life So Far* "Dr. Brizendine has marshaled a host of impressive data and insights and presented them in an elegant and entertaining way to clearly illustrate men's reality--as infants, boys, teens, lovers, husbands, fathers and workers. It's a deep dive into the worlds of men, as well as a fascinating read. And along the way, you will pick up some valuable tips to help you understand, appreciate and connect with the men in your life."--Helen Fisher, Ph.D., author of *Why Him? Why Her?* "It takes an extraordinary woman like Dr. Louann Brizendine to understand the male brain. She brings the latest in state-of-the-art science in helping us to understand the most ancient and primal of male passions and desires--and viva le difference! Highly recommended."--Dean Ornish, author of *The Spectrum* "The remarkable brain science behind Mars and Venus in a really enjoyable read! I think that this book, along with *The Female Brain* should be read by every parent, child, husband, wife, employer, employee, and dating age adult they bring love and understanding into our most important, and sometimes most frustrating relationships." --Martin L. Rossman, M.D., Clinical Faculty, UCSF; Founder, *TheHealingMind.org*, Clinical Professor of Medicine, University of California, San Francisco

From the Hardcover edition.