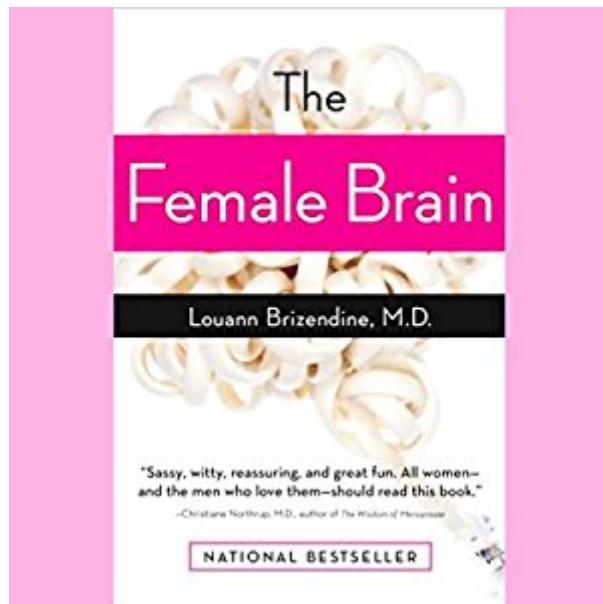


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# The Female Brain



## **Synopsis**

Every brain begins as a female brain. It only becomes male eight weeks after conception, when excess testosterone shrinks the communications center, reduces the hearing cortex, and makes the part of the brain that processes sex twice as large. Louann Brizendine, M.D. is a pioneering neuropsychiatrist who brings together the latest findings to show how the unique structure of the female brain determines how women think, what they value, how they communicate, and whom theyâ™ll love. Brizendine reveals the neurological explanations behind why â¢ A woman remembers fights that a man insists never happened â¢ A teen girl is so obsessed with her looks and talking on the phone â¢ Thoughts about sex enter a womanâ™s brain once every couple of days but enter a manâ™s brain about once every minute â¢ A woman knows what people are feeling, while a man canâ™t spot an emotion unless somebody cries or threatens bodily harmâ¢ A woman over 50 is more likely to initiate divorce than a man. Women will come away from this book knowing that they have a lean, mean communicating machine. Men will develop a serious case of brain envy.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

One of the best books I've read on the difference between men and women. Not only describes what goes on in a female's brain but also in the male brain from conception thru death. EVERY adolescent girl OR boy should be required to read this by the time they get out of high school!! Read this when I was 72. Wish I could have read it when I was 18. Unfortunately Brizendine didn't get

around to writing it until I was 63.

I read this book years ago and still remember some of the insights I learned from it. I bought and read the sequel "The Male Brain" and found that book equally informative about people's behaviors. I heard the author interviewed on various NPR programs, including Terry Gross' "Fresh Air" and my local public radio station KQED's program "Forum". This book and its "companion" "The Male Brain" should be delightful reading for parents, their teenage and adult kids and college freshmen, who must navigate life's challenges on their own as newly minted, liberated adults in the fast-moving, evolving environments in colleges (and universities), especially if they live on-campus or away from home (off-campus housing). These books can be used as "self-help" books for budding adults, whether they are young men, young women or young couples. Long-term couples and their parents can benefit hugely from reading this book and its companion.

This book was a revelation and presents compelling information every woman (and man) should know. It is well-written for the non-clinical person and made a liar out of me, since I used to insist my mood did not vary at different points in either my life or menstrual cycle. The content should probably be required reading at some point in a woman's life. It is both reassuring and unsettling.

Outstanding. If you are female...read this book to better understand yourself and all the women/girls in your life. You will like yourself more as a result of this book and not think you are crazy. If you are male...read this book to better understand and adapt to the needs of women and girls. It will help you have more compassion for them and not put up with unkind behavior due to hormones!

The Female BrainÂ This book definitely is not just a guide for women to understand themselves. As a male reader I have found it so useful in understanding not only why she (my wife) or they (the women we love/hate) act the way they do. Also I understand now why people say that "men are all the same" or "women are all the same". From the brain's structure perspective and its interaction with hormones and other "stuff" we are all the same, men and women. This regarding only to that perspective and not the environmental, past experiences, education, social level, and that type of influences, which in fact could shape our personalities in such different ways. I guess that now I have a more accurate perspective that will help me a lot in raising my girls properly. This book itself will not explain why everything is the way it is, since there are millions of other factors that will actually influence behaviour and reactions in diverse people and situations, but on the other hand it actually

gives you many facts and references to people and studies that brings to the different "theories" and/or conclusions showed. It is such a great book for both men and women that I recommend it to everyone.

A great read with facts, research and stories. You think our female brain is different, you're right. You think you make all your own choices? You're wrong!

As women we have a intrinsic knowing if you will, about how different we are from men, but reading this book peels back the layers and not only supports what we "think we know", but gives us real proof of how "beautifully" different we are. Knowing is one aspect, but "knowing why" I believe is foundationally more important. Knowing why we as women process the way we do, gives us the keys to making adjustments ~ where we can ~ to live an optimal life. I'm grateful that Dr. Louann Brizendine found it important enough and made the time to help us to better understand how "fearfully and wonderfully" we really are made. Thanks Dr. Brizendine... **EVERY WOMEN NEEDS TO READ THIS BOOK!**

This book goes a few steps further than "Women are from Venus, Men are from Mars" in explaining essential differences between men and women in terms of brain chemistry and child development. I have only read the first 20 pages or so, and already ordered another one for a woman friend of mine, who has a 6 year-old daughter, thinking "she must read this" in order to understand herself and her daughter better, and to see their particular challenges from a different and larger point of view. I also ordered the follow-up book "The Male Brain" for myself to better understand myself and my son. From the little I have had time to read, Louann Brizendine is a great psychology researcher who is able to spell things out in down-to-earth terminology for the layman/woman. Can't wait to read both books asap!

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