



The Female Brain

By Louann Brizendine

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The Female Brain By Louann Brizendine

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 they'll love. Brizendine reveals the neurological explanations behind why

- **A woman remembers fights that a man insists never happened**
- **A teen girl is so obsessed with her looks and talking on the phone**
- **Thoughts about sex enter a woman's brain once every couple of days but enter a man's brain about once every minute**
- **A woman knows what people are feeling, while a man can't spot an emotion unless somebody cries or threatens bodily harm**
- **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.

From the Hardcover edition.

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Editorial Review

From Publishers Weekly

This comprehensive new look at the hormonal roller coaster that rules women's lives down to the cellular level, "a user's guide to new research about the female brain and the neurobehavioral systems that make us women," offers a trove of information, as well as some stunning insights. Though referenced like a work of research, Brizendine's writing style is fully accessible. Brizendine provides a fascinating look at the life cycle of the female brain from birth ("baby girls will connect emotionally in ways that baby boys don't") to birthing ("Motherhood changes you because it literally alters a woman's brain-structurally, functionally, and in many ways, irreversibly") to menopause (when "the female brain is nowhere near ready to retire") and beyond. At the same time, Brizedine is not above reviewing the basics: "We may think we're a lot more sophisticated than Fred or Wilma Flintstone, but our basic mental outlook and equipment are the same." While this book will be of interest to anyone who wonders why men and women are so different, it will be particularly useful for women and parents of girls.

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From [Bookmarks Magazine](#)

Louann Brizendine, a neuropsychiatrist at the University of California, San Francisco, explores groundbreaking issues in brain science with mixed results. Critics debate the author's presentation and research; some extol her many and varied sources and the book's accessibility, while others take her to task for relying too heavily on anecdotal evidence and "dumbing down" the text (Robin Marantz Henig cites the author's repeated use of "cutesy language" and slang). Despite the critical ambivalence, the author certainly has the credentials to write this book. Brizendine graduated from the Yale University School of Medicine and draws on research done at the Women's and Teen Girls' Mood and Hormone Clinic, which she founded at UCSF in 1994. So the question is, do you require step-by-step proof for conclusions some consider controversial, or are you willing to take her word for it?

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From [Booklist](#)

Neuropsychiatrist Brizendine acknowledges she may be going out on a lonely limb by asserting that males and females have distinctly different brains. She says that, in addition to certain hard-wired dissimilarities, male and female brain chemistries differ in being powered by hormones so potent they can reshape each gender's conception of reality (which in no way is related to ability). Thanks to advances in noninvasive imaging technology, such as positron-emission tomography (PET) and functional magnetic resonance imaging (fMRI) scans, scientists have been able to quantify the effects of hormones on brain receptors. They have also been able to study how and when surges of specific hormones "marinate" the brain, affecting everything from gender education to sexual responsiveness to aggression. Brizendine doesn't rule out socialization as a factor in gender identification, but she insists that biology must take at least half the credit. What with nearly 70 pages of references to the research upon which she constructs her argument, out on a limb Brizendine may be, but who's left to hand her a saw? *Donna Chavez*

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Users Review

From reader reviews:

Ashley Mansfield:

Reading a guide tends to be new life style in this era globalization. With looking at you can get a lot of information which will give you benefit in your life. Along with book everyone in this world could share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their own reader with their story or their experience. Not only the storyplot that share in the ebooks. But also they write about the knowledge about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors in this world always try to improve their skill in writing, they also doing some exploration before they write to their book. One of them is this The Female Brain.

Jerry Day:

The Female Brain can be one of your beginning books that are good idea. We recommend that straight away because this publication has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to get every word into satisfaction arrangement in writing The Female Brain although doesn't forget the main position, giving the reader the hottest in addition to based confirm resource information that maybe you can be one among it. This great information may drawn you into new stage of crucial pondering.

John James:

Reading a book to get new life style in this season; every people loves to read a book. When you go through a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information on it. The information that you will get depend on what sorts of book that you have read. If you need to get information about your research, you can read education books, but if you act like you want to entertain yourself look for a fiction books, this sort of us novel, comics, in addition to soon. The The Female Brain provide you with a new experience in examining a book.

Frederick Roark:

Reading a guide make you to get more knowledge from that. You can take knowledge and information coming from a book. Book is composed or printed or descriptive from each source that filled update of news. On this modern era like currently, many ways to get information are available for you. From media social such as newspaper, magazines, science book, encyclopedia, reference book, book and comic. You can add your understanding by that book. Do you want to spend your spare time to spread out your book? Or just seeking the The Female Brain when you essential it?

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