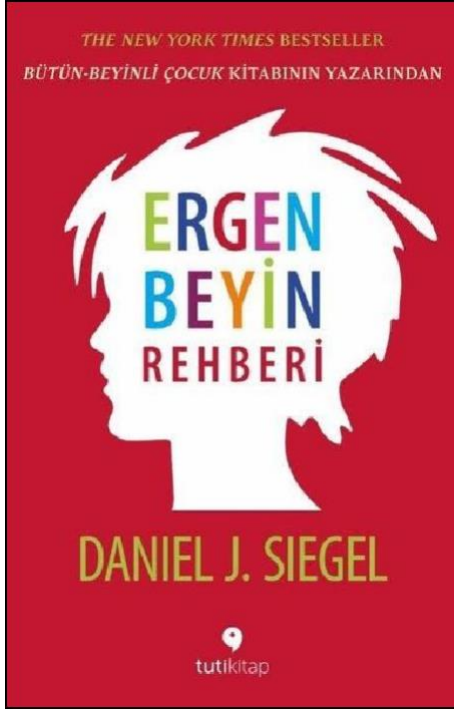


BOOK SUGGESTIONS FOR FAMILIES



BRAINSTORM: THE POWER AND PURPOSE OF THE TEENAGE BRAIN

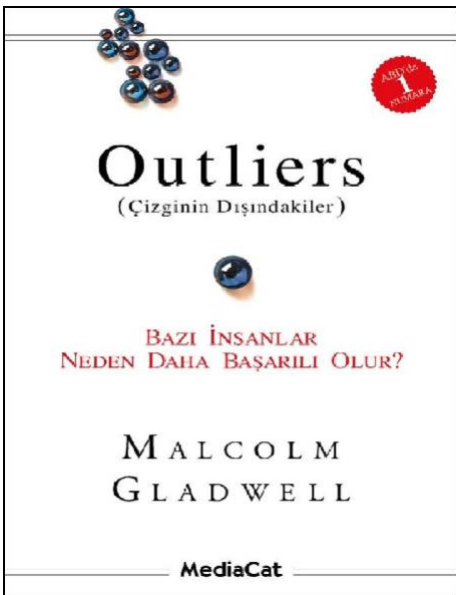
What is the essence of adolescence?

How does the brain work during adolescence?

Is adolescence a challenge or an opportunity?

Which practical suggestions can be helpful throughout this process?

Adolescence is challenging, but also filled with surprises. Between the ages of 12 and 24, the brain changes in important and maddening ways. This developmental period for the brain affects the way teenagers behave and connect with others. It's no wonder that many parents approach their child's adolescence with fear and trepidation. However, it is not a period of problems and challenges that always await there; instead, it is a period of courage and creativity.



OUTLIERS

There is a narrative about successful people: they are said to be intelligent and ambitious. In Outliers, Malcolm Gladwell argues that the true story behind success goes well beyond these two traits, and that one needs to pay more attention to their surroundings: that is, their family, where they come from, and even where they were born...

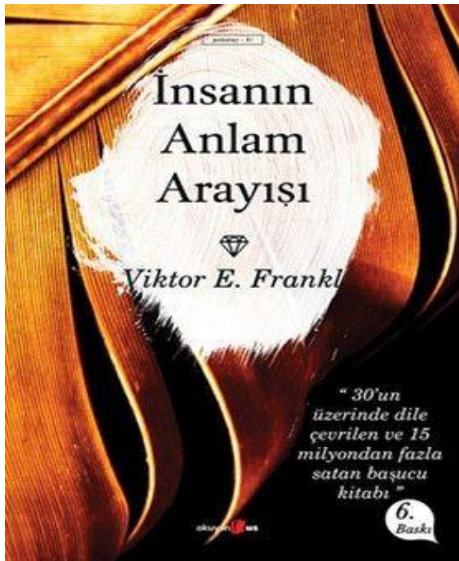
The story behind achievements is not as simple as it seems, and it can be much more interesting than that.



DO YOU REALLY HEAR ME? (GERÇEKTEN BENİ DUYUYOR MUSUN?)

Most of the painful experiences come from people's failure and inability to truly hear each other. This is because merely hearing the 'words' uttered, rather than absorbing the messages filled with emotions beneath them, cause answers to remain superficial, which, in turn, jeopardizes communication. The only way to eliminate permanent wounds and scars in our relationships with beloved ones is to know how to communicate correctly.

It is possible to learn that. That's where Leyla Navaro's work steps in with important tips for us to 'truly' and sincerely hear what our beloved ones and people whom we care about utter.



MAN'S SEARCH FOR MEANING

In this book, Viktor Frankl describes the principles of logotherapy, a form of psychotherapy that he found, while chronicling his experiences as a prisoner in a concentration camp during World War II. Readers will realize that the concentration camp Frankl depicts turns into a bright metaphor that helps us perceive the world as a bigger prison. Depicting the process to help us discover "meaning" under tough conditions of existence, Frankl tries to answer the question "What makes us human?"