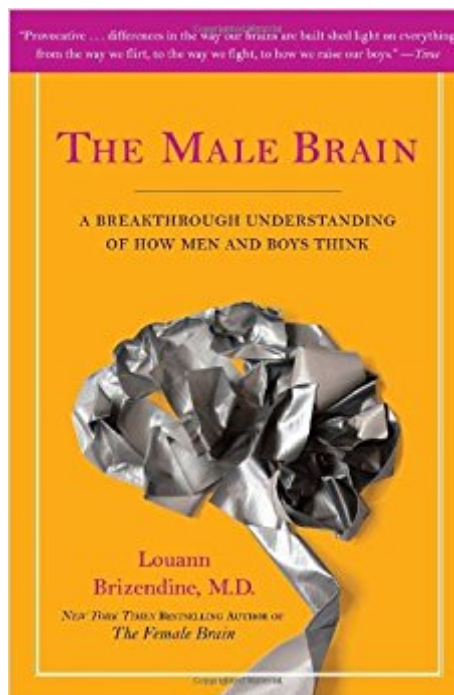




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# The Male Brain: A Breakthrough Understanding Of How Men And Boys Think



## Synopsis

From the author of the groundbreaking New York Times bestseller *The Female Brain*, here is the eagerly awaited follow-up book that demystifies the puzzling male brain. Dr. Louann Brizendine, the founder of the first clinic in the country to study gender differences in brain, behavior, and hormones, turns her attention to the male brain, showing how, through every phase of life, the "male reality" is fundamentally different from the female one. Exploring the latest breakthroughs in male psychology and neurology with her trademark accessibility and candor, she reveals that the male brain: is a lean, mean, problem-solving machine. Faced with a personal problem, a man will use his analytical brain structures, not his emotional ones, to find a solution. thrives under competition, instinctively plays rough and is obsessed with rank and hierarchy. has an area for sexual pursuit that is 2.5 times larger than the female brain, consuming him with sexual fantasies about female body parts. experiences such a massive increase in testosterone at puberty that he perceives others' faces to be more aggressive. *The Male Brain* finally overturns the stereotypes. Impeccably researched and at the cutting edge of scientific knowledge, this is a book that every man, and especially every woman bedeviled by a man, will need to own. Praise for *The Female Brain*: "Louann Brizendine has done a great favor for every man who wants to understand the puzzling women in his life. A breezy and enlightening guide to women and a must-read for men." —Daniel Goleman, author of *Emotional Intelligence* From the Hardcover edition.

## Book Information

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## Customer Reviews

There've been plenty of books reexamining female physiology, and it seems fitting that it's men's turn. And sure, I'm curious the crazy things some men do. Why is Michel Gondry driven to make such lyrical, eccentric movies? Why did Bach think it was interesting to weave distinct melodies together in a fugue? Why did male physicists go to such lengths to find replicable ways of describing matter? Why was James Joyce so interested in the English language, its roots, its capacity for double meanings, its use and misuse? And what made Kant so sure that we possess "a priori" knowledge? Sadly, relying on a posteriori knowledge, Dr. Louann Brizendine restricts herself to familiar obsessions about men's attitudes toward sex and women. She sees men as potentially quite impulsive when it comes to sex. However, she chides, men can and should learn to control their impulses. She certainly agrees with pop psychologists that men are less empathic than women. Sure, it resembles cheesy self-help, but it's science. After all, men have a larger "sexual pursuit area" than women. Due to this and the effects of testosterone, men can go into a "man trance." Popular science writers draw these kinds of conclusions from the kind of fMRI studies Brizendine cites. These studies show brain activity under various conditions. Unfortunately, MRI studies are often not reliably replicable - results vary from time to time. Further, no one is really sure what brain activity in varying conditions means or what conclusions you can draw from it. Most good neurologists would be pretty cautious about making assertions based on such studies. Anyway, there is no such thing as a "sexual pursuit area" in men or anyone else. Oh - and "man trance" is an expression Dr. Brizendine made up.

When I told my wife I was reading *The Male Brain*, she laughed, "That's a short book." Others have joked about the anatomical location of the male brain. But in the companion volume to *The Female Brain*, Dr. Louann Brizendine demonstrates that the male brain is not simple, even if its thinking processes are closely tied to sex. The book is a real eye-opener into the current scientific understanding of how the male brain works, how it is tied to specific behaviors, and how it is different from women's brains. The study is not limited to the male brain, however. It also examines "neuro-hormone characters" such as testosterone, vasopressin, Mullerian inhibiting substance, and oxytocin, among others. Interestingly, the brain and its neuro-hormones are not a static entity; they act and react dynamically as a man grows and develops from infancy to old age. At different stages of life, the brain and hormones play different roles in a man's life. And the influence of brain/hormonal activity is not one way. They influence male behavior, but they are also influenced by male behavior. Apple has made the phrase, "There's an app for that," a byword. Regarding male behavior, we might say, "There's a complex brain/hormonal process for that." Whether it's sexual

drive, territoriality, the protective instinct, or the problem-solving mode, what men do exists in a symbiotic relationship with what's going on in their brain. As the parent of a male toddler, I read this book with keen interest, for it helped explain what is happening in my son's development as well as what will happen as he ages. As a man with a philosophical bent, the book took me back to college discussion of the relationship between the mind and the brain as well as the possibility of free will.

XXXXX"[This book] draws on my twenty-five years of clinical experience as a neuropsychiatrist. It presents research findings from the advances over the past decade in our understanding of developmental neuroendocrinology, genetics, and molecular neuroscience. It offers samplings from neuropsychology, cognitive neuroscience, child development, brain imaging, and psychoneuroendocrinology. It explores primatology, animal studies, and observation of infants, children, and teens, seeking insights into how particular behaviours are programmed into the male brain by a combination of NATURE and NURTURE."The above comes from the author of 2006's "The Female Brain," Louann Brizendine, MD. She is a diplomate of the American Board of Psychiatry and Neurology and is an endowed professor of clinical psychiatry at the University of California, San Francisco [UCSF]. She's also founder and director of the Women's Mood and Hormone Clinic and co-director of the UCSF Program in Sexual Medicine. Each chapter of this book covers some of her male patients at various stages in the life cycle. At every stage such as the mischievous child, the oversexed teen, the middle-aged man who falls for a younger woman, Brizendine gives a theory for how her patient's behaviour is caused by male brain patterns, aided considerably by hormones like testosterone (which she nicknames "Zeus") and vasopressin (the "White Knight"). Brizendine chooses patients who conform to a familiar stereotype and then explains their actions as the work of Zeus and his friends. The result is that her theory is very rigid (just as is the theory she presents in her 2006 book). In the above quotation from the book, Brizendine promises to look into "NATURE and NURTURE.

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