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La adolescencia es un periodo en el que se afrontan nuevos retos de aprendizaje y también se corren no pocos riesgos, como el estrés, las adicciones y la adaptación a un entorno digital agresivo. ¿Cómo gestionar todos estos cambios? Mediante explicaciones claras y numerosos casos reales, la neuróloga (y madre) Frances E. Jensen se adentra en el laberinto mental de los jóvenes y ofrece claves para desentrañar sus incógnitas.

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