

PRESS RELEASE: THE MINDS OF GIRLS

**The Minds of Girls:
A New Path for Raising Healthy, Resilient,
And Successful Women
By Michael Gurian**

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"The Minds of Girls is a very important book. In powerful prose and filled with practical strategies, it takes a fresh look at raising and educating our daughters in a new and complex world. Brain science is key to this book and Gurian's ability to match science with real life is a blessing. I recommend this book to anyone living or working with girls and women."

--Daniel Amen, M.D., New York Times Bestselling Author of *Memory Rescue* and *Unleash the Power of the Female Brain*

"Michael Gurian's work in gender is at the leading edge of our profession and can significantly affect the field of psychology."

--Tracey J. Shors, Ph.D., Department of Psychology, Center for Collaborative Neuroscience, Rutgers University

RAISING AND EDUCATING GIRLS WITH A REVOLUTIONARY SCIENCE-BASED APPROACH THAT BUILDS STRONG AND SUCCESSFUL WOMEN

Dr. Michael Gurian has studied and served girls and their families for thirty years. In *Boys and Girls Learn Differently* (2000), *The Wonder of Girls* (2002), and *Leadership and the Sexes* (2008), he blew the lid off contemporary thinking on how to help girls become strong, confident, and successful women. **"We don't understand girls as well as we think we do,"** says Gurian, whose newest book blows the lid off our thinking once again.

The Minds of Girls provides parents, educators, and mentors with a new understanding of who girls are, what they need, and how to raise them to their full potential. The book focuses on **brain-based research and practical strategies** growing from that science, including tools that have proven successful in the Gurian Institute's programs and family interventions throughout the world.

Noting an alarming uptick in female depression and anxiety over the last two decades, Gurian provides assets for **epigenetic analysis (gene testing)** and ways to protect girls from **environmental neurotoxins** (in food, lotions, and other nearby products).

A father of two grown daughters, he helps parents and others become **citizen scientists** on a girl's behalf. Gurian advocates "nature-based theory," which holds that nature, nurture, and culture are all equally crucial factors in gender development, with nature being foundational.

Nature. The female brain and biological sciences. Genetic factors, including environmental neurotoxins such as lead and aluminum in homes, BPA in plastics, artificial sweeteners, red dye, and monosodium glutamate in food, and endocrine disruptors in fertilizer, have been negatively affecting **female gene expression** and the development of brain and body over the last fifty years and we can all do something about it.

Nurture. Gurian's practical analysis and tools for helping **with 'girl drama' and relational aggression** will surprise some readers as he shows how girl drama can be a good and natural experience, one that, with the right guidance from us, can often build emotional boundaries and resilience.

Culture. Lacking a science-based understanding of girls and women, our society, Gurian argues, hopes to solve issues of female development without fully understanding

systemic issues. One of those is certainly gender bias and stereotypes, but **many issues go far beyond these popular concepts**, says Gurian. He presents findings on “gender symbiosis,” and advocates for that new approach to women’s issues.

“Because girls’ issues are biologically and socially interconnected, we can’t solve them anymore just by talking about stereotypes,” he says. “We can only help our girls and women with multiple systems thinking that deals with all elements together.”

In exploring **technology use, screen time and social media**—an area every parent is asking about today--Gurian provides specific guidelines girls’ themselves are likely to follow as they become scientists of their own development. He provides these guidelines for seven age groups—the seven developmental stages girls go through in life.

Because Gurian has worked with **Fortune 500 companies in tech and engineering fields to help advance women**, his insights on how to build better math, science, and technology success for girls provide a rich new call to action for parents and school systems.

The Minds of Girls is a profound road map for raising healthy girls. Inspiring, good-natured in its humor, and always practical, it is a parent’s bible for raising healthy and resilient daughters.

Dr. Michael Gurian (www.michaelgurian.com) is a mental health counselor and the New York Times bestselling author of twenty-eight books in seven disciplines. As a social philosopher, he has pioneered efforts to bring neuro-biology and brain research into homes, schools, corporations, and public policy. The Gurian Institute, which he co-founded, conducts research internationally, launches pilot programs, and trains professionals.

Dr. Gurian travels extensively to provide keynotes and consulting. He has spoken for the United Nations on violence against women; provided information on boys' and girls' educational needs to the White House; and briefed Members of the 114th Congress on the boy crisis in America. A number of his books have sparked national debate, including *The Wonder of Boys*, *The Wonder of Girls*, *Boys and Girls Learn Differently*, and *Leadership and the Sexes*.

Dr. Gurian's work and the work of the Gurian Institute team have been featured in dozens of professional journals, including *Educational Leadership*, *Psychology Today*, and *The American School Board Journal*, as well as nearly all major media, including the *New York Times*, *Forbes Magazine*, *Time*, *Today*, *Good Morning America*, PBS, and NPR. Dr. Gurian has been called "the people's philosopher" for his ability to bring together scientific principles and people's everyday lives.

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