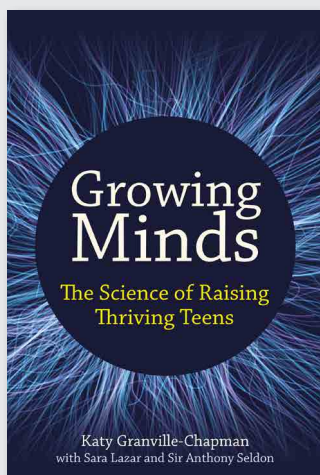


P R E S S R E L E A S E

"A treasure chest of tools that explains what is happening in a teenager's developing brain."
Rachel Richards, creator and host of the award-winning podcast *Parenting Teenagers, Untangled*



Growing Minds **The science of raising thriving teens**

By Katy Granville-Chapman

ISBN: 9781785837951

Price: £16.99

Published by: Crown House Publishing

Date of publication: July 2026

Whether you're a new parent or a seasoned veteran, this book will change the way you approach your own and your children's brain health in the best way possible.

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Have we become so focused on helping children succeed that we've forgotten how to help them flourish?

Parents have never had more advice on how to help their children succeed. From exam preparation and revision techniques to extracurricular activities and university applications, the pressure to help our children achieve can feel relentless. But Katy Granville-Chapman believes that we may be overlooking something even more important.

In her new book, *Growing Minds*, Katy explains that while academic success has its place, raising healthy, resilient and emotionally secure young people should be our ultimate goal.

"Every parent wants their child to succeed," she says. "But success is only one part of the picture. If we focus solely on outcomes we risk neglecting the conditions that allow young people to flourish, not just at school, but throughout life."

Drawing on the latest neuroscience, psychology and educational research, this book explores how the teenage brain develops and why everyday habits such as sleep, movement, relationships, nutrition and emotional connection have a profound influence on learning, wellbeing and resilience.

Katy believes that we've become so focused on achievement that we neglect the foundations of lasting success.

"Children don't flourish because every obstacle has been removed from their path," she explains. "They flourish when they develop the confidence, emotional regulation and resilience to navigate life's inevitable challenges. Those qualities deserve as much attention as grades and qualifications."

So, at a time when concern about children's mental health continues to grow and schools are grappling with rising levels of anxiety and disengagement, *Growing Minds* offers a hopeful alternative. Rather than adding to parents' sense of pressure, it provides practical, evidence-informed strategies that support healthy brain development and encourage families to prioritise long-term wellbeing alongside academic success.

For parents, carers and anyone responsible for shaping young lives.

P R E S S R E L E A S E

"What the authors have offered to the world is a work of love of the highest order."
Matthew T. Lee, PhD, Professor of the Social Sciences and Humanities, Baylor University

About the author

Katy Granville-Chapman's interest in the brain, flourishing, and leadership began in high-pressure environments early in her career, where she saw how relationships, mindsets, and character shape whether people struggle or thrive.

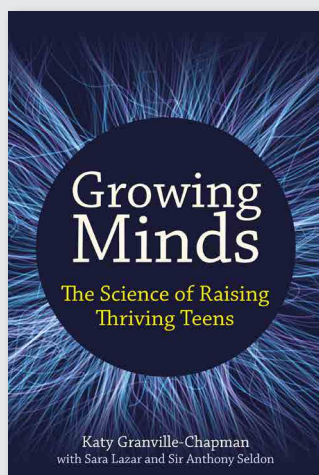
After serving in the British Army in Iraq, Europe, and the United States, she moved into school leadership roles focused on performance and development, and later, completed a Doctorate at Oxford University exploring leadership and flourishing.

She now teaches at Oxford, is a Senior Fellow of the Flourishing Network, hosted by the Human Flourishing Program at Harvard, and is a Deputy Head at Wellington College.

Articles and interviews available

Katy is available for interview, expert comment or by-lined articles on a range of topics, such as:

- Success is costing our children more than we realise
- What children really need before they go back to school
- Why boredom is one of the best gifts we can give children
- Parents don't need to be perfect; they need to be intentional
- How to raise children who know who they are, not just what they achieve



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