



## The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind

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By Daniel J Siegel, Tina Payne Bryson

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Language: English . Brand New Book. NEW YORK TIMES BESTSELLER Simple, smart, and effective

solutions to your child's struggles. Harvey Karp, M.D. Daniel Siegel and Tina Payne Bryson have created a masterly, reader-friendly guide to helping children grow their emotional intelligence. This brilliant method transforms everyday interactions into valuable brain-shaping moments. Anyone who cares for children or who loves a child should read The Whole-Brain Child. Daniel Goleman, author of Emotional Intelligence In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain and make accessible the new science of how a child's brain is wired and how it matures. The upstairs brain, which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these...



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