

The Selfish Society How We All Forgot To Love One Another And Made Money Instead

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Relational Depth - Rosanne Knox 2012-12-17

This wide-ranging textbook offers a fascinating survey of the latest thinking and research on in-depth therapeutic encounters by

bringing together the latest theory, research and practice on working at relational depth with clients in counselling and psychotherapy. By exploring the meaning, challenges and experiences of relational depth,

it provides insight into an important dimension of therapeutic practice and, for many, will act as a guide to new ways of thinking about their therapeutic relationships. This book is an essential read for all trainees and practitioners in counselling and psychotherapy who want to deepen their levels of therapeutic relating.

Depression - Barbara Dowds
2021-03-31

A comprehensive introduction into the incidence, causes, and consequences of depression and how psychotherapy can help with its management and treatment. Aimed at practising psychotherapists, psychoanalysts, counsellors, and all professionals in the mental health field, it will also be of interest to anyone wanting to know more about depression.

The Politics of the Final Hundred Years of Humanity (2030-2130) - Ian Cook
2020-02-04

This book is the first book that looks at both the politics of maintaining the trajectory

toward humanity's final hundred years and the politics of those final hundred years. It is the first book to take up theoretical and practical aspects with respect to both the movement toward and events during these final hundred years. As a result, it is the first book that attempts to provide a more complete picture of the politics of catastrophic human-caused environment change. The fact that the book provides a way into the variety of policy problems that catastrophic human-caused environment change is creating means that it is also important to those in Public Policy. The book also raises a series of philosophical and ethical questions associated with human rights, which are significant to those who study Political Philosophy (and some of those who study Law), international action to mitigate the effects of climate change, the nature of science and the limitations of political institutions.

Theology and Economics -
Jeremy Kidwell 2015-12-27

This volume brings together a prominent group of Christian economists and theologians to provide an interdisciplinary look at how we might use the tools of economic and theological reasoning to cultivate more just and moral economies for the 21st century. The Works of G.P.R. James, Esq - George Payne Rainsford James 1847

Choices in Pregnancy and Childbirth - John Wilks
2015-08-21

This is a comprehensive and empowering guide to facilitating a positive pregnancy and birth experience, and ensuring lasting emotional and physical health for mother and baby. Countering increasingly medicalized attitudes towards pregnancy and birth among many healthcare providers, this research-based book discusses the benefits of a more natural approach. It reveals the often undisclosed effects on a child's long-term development of accepted medical practices, such as induction, C-section,

surgical interventions and pain-relief medications. It offers advice on how these practices can be avoided, for example with techniques to encourage optimal fetal positioning, by optimising the birth environment, and through drug-free pain management methods. Ultimately, it enables practitioners to support parents in informed, confident decision-making by giving a balanced account of the complex array of options available throughout pregnancy and birth. With invaluable contributions from midwives, doulas, mothers, and doctors, and tried-and-tested advice on sleep, exercise, diet and therapies, this will a very useful reference for anyone working with women and babies. The information will also be relevant to prospective and new parents.

Unmasking School Leadership - Ciaran Sugrue
2014-10-06

This book is a longitudinal life history of the lives and work of primary school principals in Ireland. It provides a unique

opportunity to peer inside the realities of leading schools in changing times. In a system that until recently did not prepare principals for the onerous roles and responsibilities, a small system with limited mobility, inter-personal relationships emerge as critical, frequently privileged over professional relationships. Consequently, principals struggle to bring about change, to build trust in order to cultivate a transformative leadership agenda, while several aspects of systemic structures and processes emerge as constraints on leadership capacity building. In the absence of comprehensive leadership portfolio development, classroom teachers, catapulted into the principal's office, tend to be cautious and careful in ways that tend to perpetuate the status quo while putting a premium on the exercise of soft power and an over-reliance on the good will of colleagues. Several of the 'leadership lessons' that emerge from this

in-depth analysis concur with an increasing international consensus that due to complexity and increasingly performative policy demands, learning about leadership for all is an absolute necessity. However, care must be taken to avoid overly scripted programmes. Critical to the cultivation of a professionally responsible leadership disposition, rather than capitulation to 'technologies of control,' is professional renewal cultivated through adequate attention to the Zone of Proximal Distance.

Lost illusions. The illustrious Gaudissart - Honoré de Balzac 1899

The Selfish Society - Sue Gerhardt 2011

Author and respected psychologist Sue Gerhardt goes to the heart of the causes of broken Britain. Ambitious and wide-ranging, *The Selfish Society* reveals the vital importance of understanding our early emotional lives, arguing that by focusing on the attention we give to our young

children we can create a better society. Open any newspaper, and what do you find? Violence and crime, child abuse and neglect, expenses scandals, addiction, fraud, and corruption, environmental melt-down. Is Britain indeed broken? How did modern society get to this point? Who is to blame? How can we change? We have come to inhabit a culture of selfish individualism which has confused material well-being with happiness. As society became bigger and more competitive, working life was cut off from child-rearing and the new economics ignored people's emotional needs. We have lived with this culture so long that it is hard to imagine it being any different. Yet we are now at a turning point where the need for change is becoming urgent. If we are to build a more reflective and collaborative society, Gerhardt argues, we need to support the caring qualities that are learnt in early life and integrate them into our political and economic thinking. Inspiring and

thought-provoking, The Selfish Society sets out a roadmap to a more positive and compassionate future.

Why Love Matters - Sue Gerhardt 2014-10-24

Why Love Matters explains why loving relationships are essential to brain development in the early years, and how these early interactions can have lasting consequences for future emotional and physical health. This second edition follows on from the success of the first, updating the scientific research, covering recent findings in genetics and the mind/body connection, and including a new chapter highlighting our growing understanding of the part also played by pregnancy in shaping a baby's future emotional and physical well-being. The author focuses in particular on the wide-ranging effects of early stress on a baby or toddler's developing nervous system. When things go wrong with relationships in early life, the dependent child has to adapt; what we now know is that his or her brain adapts too. The

brain's emotion and immune systems are particularly affected by early stress and can become less effective. This makes the child more vulnerable to a range of later difficulties such as depression, anti-social behaviour, addictions or anorexia, as well as physical illness.

The Christian Union - Henry Ward Beecher 1891

The Lost Season - Jeffrey C. Beers 2013-02-21

Out of the stillness come the world and all its happenings. Returning to stillness we can find the peace that lies underneath. *The Lost Season* is based on a true story and tells of personal growth through taking life's tests and accepting the results. Jarred is a former football coach who is faced with a career change. After meeting Isha, a bartender and philosopher of life, Jarred begins to question everything as he learns to recognize the authentic self inside us all by beginning to let go of the egoic beliefs created in a lifetime of struggle.

12 Stupid Things That Mess Up Recovery & 12 Smart Things to Do When the Booze an - Allen Berger 2010-11-17

The author of the recovery mainstay *12 Stupid Things That Mess Up Recovery* offers a fresh list of "smart" things to do to attain and sustain emotional sobriety. The author of the recovery mainstay *12 Stupid Things That Mess Up Recovery* offers a fresh list of "smart" things to do to attain and sustain emotional sobriety. Whether it's called "dry drunk" or "white knuckle sobriety," it's that stage in recovery when we realize that "putting the plug in the jug" isn't enough. The next step is taking responsibility for the emotional immaturity that fuels our addictive personality and has a tremendous impact on ourselves and others. Allen Berger, Ph.D., draws on the teachings of Bill W. and psychotherapy pioneers to offer twelve hallmarks of emotional sobriety that, when practiced, give people the confidence to be accountable for their behavior, ask for what

they want and need, and grow and develop a deeper trust in the process of life. These smart things include: understanding who you are and what's important to you learning not to take others' reactions personally trusting your inner compass taking responsibility for your reactions to problematic situations It is in these practices that we find release from what Bill W. described as an "absolute dependency" on people or circumstances, and develop the tools to find prestige, security, and belonging within.

The Decline of Established Christianity in the Western World - Paul Silas Peterson
2017-09-22

While Church attendance in the West is often cited as being in decline, it is argued that this applies primarily to the older established forms of Christianity. Other expressions of the faith are, in fact, stable or even growing. This volume provides multidisciplinary interpretations of and responses to one of the most complicated and controversial

issues regarding the global transformation of Christianity today: the decline of "established Christianity" in the Western world. It also addresses the future of Christianity in the West after the decline. Drawing upon historical research, sociology, religious studies, philosophy and theology, an international panel of contributors provide new theoretical frameworks for understanding this decline and offer creative suggestions for responding to it. "Established Christianity" is conceptualized as historically, culturally, socially and politically embedded religion (with or without official established status). This is a dynamic volume that gives fresh perspective on one of the great social changes taking place in the West today. As such, it will be of great interest to scholars of religious sociology, history and anthropology, as well as theologians.

Love Bombing - Oliver James
2018-05-01

"Love Bombing" is a radical new method for resetting the

emotional thermostats of troubled children and their parents, setting them on a much happier trajectory. It is simple to do, easily explained and works for both severe and mild problems from aged three to early teenage. Many, if not most, parents feel that their children may have missed out in some way during the early years. Offering a simple, relatively trouble-free self-help method for putting that right is what parents are waiting for. "This book is written in highly accessible language", assures Oliver James. "The method is explained as simply as possible, illustrated with cases". "Love Bombing is a very simple technique which helps most children from aged three to early teenage. Because so many parents are, or have had, periods of living very busy or miserable or complicated lives, most of us need to reconnect with our children from time to time. Love Bombing does the job," explains James.

EBOOK: Interacting or Interfering? Improving Interactions in the Early

Years - Julie Fisher 2016-05-16
High quality interactions are recognised as fundamental to the achievement of outstanding teaching and learning in the early years. If you are working with children from six months to six years this authoritative new book from leading author Julie Fisher encourages you to reflect deeply on the quality and impact of interactions in your setting. Drawing on research undertaken in baby rooms, nurseries and classrooms over four years the book challenges prevailing orthodoxies and offers specific practical guidance on how to improve the quality of interactions on a day-to-day basis. With its illuminating examples, the book shows how you can best tune into and respond effectively to young children's conversations. It exemplifies how interactions are most effectively sustained and how developing high quality interactions can better scaffold and support children's learning and development. 'Interacting or Interfering?' • Identifies the key components

of effective interactions and how implementing these can improve the quality of children's learning • Contains transcripts of interactions from baby rooms through to Year 2 classes which exemplify key messages • Provides prompts you can use to analyse and improve your own practice Written in the author's exceptionally clear and accessible style, this book is indispensable reading for all students and practitioners working and studying in the early years.

Psychodynamic Counselling in a Nutshell - Susan Howard
2018-05-08

Susan Howard explains in a clear, jargon-free style, the concepts at the heart of the psychodynamic approach, and, drawing on case material, describes the therapeutic practice which rests on those ideas. Assuming no previous knowledge of the subject, the book introduces: the history of the approach main key concepts practical techniques used by practitioners In the first chapter, you are

introduced to a client, Layla, whose case you'll revisit throughout the book, helping you connect theory and practice. This edition also includes new material on working with diversity and difference, neuroscience and extended discussion on ethics.

Christ's Object Lessons—Illustrated - Ellen G. White 1941

Heritage Edition—Over 100 illustrations of a century ago. Unabridged, original text consisting of inspiring and profound lessons from the stories and parables which Jesus told. Christ the Great Teacher gave much of His instruction as He walked with His disciples through the hills and valleys of Palestine or rested by the lake or river. In His parable teaching He linked divine truth with common things and incidents, as may be found in the experiences of the shepherd, the builder, the tiller of the soil, the traveler, and the homemaker. Familiar objects were associated with thoughts true and beautiful—thoughts of God's loving interest in us, of

the grateful homage that is His due, and of the care we should have one for another. Thus lessons of divine wisdom and practical truth were made forcible and impressive. The Scripture says, "All these things spake Jesus unto the multitude in parables; . . . that it might be fulfilled which was spoken by the prophet, saying, I will open My mouth in parables; I will utter things which have been kept secret from the foundation of the world." Matt. 13:34, 35. Natural things were the medium for the spiritual; the things of nature and the life-experience of His hearers were connected with the truths of the written word. Leading thus from the natural to the spiritual kingdom, Christ's parables are links in the chain of truth that unites man with God, and earth with heaven. In this volume the parables are grouped according to their subjects, and their lessons are developed and illustrated. The book is full of gems of truth, and to many readers it will give a richer meaning to the common

surroundings of everyday life.
Jacqueline Wilson - Lucy Pearson 2015-11-23
Over the last 20 years, Jacqueline Wilson has published well over 100 titles and has become firmly established in the landscape of Children's Literature. She has written for all ages, from picture books for young readers to young adult fiction and tackles a wide variety of controversial topics, such as child abuse, mental illness and bereavement. Although she has received some criticism for presenting difficult and seemingly 'adult' topics to children, she remains overwhelmingly popular among her audience and has won numerous prizes selected by children, such as the Smarties Book Prize. This collection of newly commissioned essays explores Wilson's literature from all angles. The essays cover not only the content and themes of Wilson's writing, but also her success as a publishing phenomenon and the branding of her books. Issues of gender roles and

child/carer relationships are examined alongside Wilson's writing style and use of techniques such as the unreliable narrator. The book also features an interview with Jacqueline Wilson herself, where she discusses the challenges of writing social realism for young readers and how her writing has changed over her lengthy career.

Raiders of the Lost R's - Steven Wright 2007-05-01
How the lack of respect, responsibility, and religion contribute to the demise of a nation, and how to prevent this according to God's simple instructions.

Chambers's Edinburgh Journal
- 1833

Psychoanalytic Thinking in Occupational Therapy -

Lindsey Nicholls 2012-11-16
This book is the first to use psychoanalysis as a basis for exploring how occupational therapists do their work, and it incorporates a new conceptual model to guide practice. The authors emphasize the role of the unconscious in all that

people do and are, and argue that activities (or occupations) are simultaneously real (i.e. tangible) and symbolic. Ideal for academic and clinical occupational therapists, this book will also appeal to psychotherapists.

AERA. - 1914

Putting Purpose Into

Practice - Colin Mayer
2021-03-02

In the face of constant change, the nature of business must evolve rapidly if it is to remain relevant to society at large. How then should business change to meet the requirements of the 21st century, in which unbridled globalization and technological advancements are having profound affects on the wellbeing and prosperity of both the people and the planet? The achievement of purpose is the key to successful transformation - not just having a purpose, but making that purpose real at every level of the organization. This is the first book to provide a precise description of how companies

can put purpose into practice. Based on a groundbreaking research project undertaken jointly between the Saïd Business School at the University of Oxford and Mars Catalyst, the think tank of Mars Inc., it provides a highly accessible account of how companies should determine and implement their corporate purposes. It outlines why corporate purpose is so important and how it can both address the major challenges the world faces today and deliver enhanced performance for business. Fourteen detailed case studies illustrate how companies of different sizes, sectors, and geographies have put purpose into practice and their experiences of doing so. These cases give deep insights into the way in which companies can build purposeful businesses, map and shape their ecosystems, identify failures and problems, align management, and create partnerships to deliver their purposes against which they can measure their performance. The achievement

of purpose is a very real issue that every responsible leader in business, finance, and business academia must now face. This book will equip executives, managers, investors, and policymakers with the tools that they require to understand how the notion of corporate purpose should become a corporate reality.

La Comédie Humaine of Honoré de Balzac: Scenes from provincial life: Lost illusions - Honoré de Balzac
1899

Understanding Transitions in the Early Years - Anne O'Connor 2017-10-02

There are many transitions that children experience before they are five, including the first major transition from home to an early years setting. Successive changes can have a serious impact on young children and stress, separation and insecure attachments can affect not only a child's emotional health but also cognitive and intellectual development. Featuring new material on provision for two

year olds, school readiness, and families and transitions, this thought-provoking text explains why transitions matter and provides practical guidance on how to support young children's developing emotional resilience and equip them to embrace change in the future. Aimed at practitioners and students, this fully-updated second edition: draws together evidence from neuroscience, attachment theory, child development and childcare practices; provides a context for practitioners to empathise with children and families as they relate to their own understanding of the impact of change and transition; looks at ways to reduce the number of transitions including the key person approach, and; offers guidance and practical strategies for practitioners, managers and head teachers for supporting children through transitions. Including case studies, examples of good practice and questions for reflection, *Understanding Transitions in the Early Years* emphasises the little things

that practitioners can do for the individual children in their care, helping them to feel secure and confident when dealing with change.

Of Ants and Men - David G. Green 2014-05-12

Why do things go wrong? Why, despite all the planning and care in the world, do things go from bad to worse? This book argues that it is because we are like the ants. Just as ants create an anthill without being aware of it, unintended side effects of human activity create all manner of social trends and crises. The book traces the way these trends emerge and the role they play in some of the major issues of our time. One of the greatest challenges today is the complexity of our social and economic systems. Every action has side effects that people often ignore or fail to see. The book examines the ways in which limitations in our thinking and behaviour lead to unintended side effects. It looks at the role played by complex networks of interactions. Finally, it looks at the way side effects of new

technologies, especially computers and communication, have created an Information Revolution, the full repercussions of which are yet to be seen. In our race to create new technologies and sustain indefinite economic growth, we are at best dimly aware of the ways in which we are transforming society and threatening our environment.

Lost in Love with Female

Superior - Yan Dou

2019-12-06

In a single night, the company goes bankrupt and my girlfriend disappears. Frustrated, I wander to the northern seaside city and in order to survive, I enter a business to work. To think that the CEO is actually the beauty I flirted with ...An unknown nobody, rising from the bottom to challenge all kinds of dark forces. The cold and beautiful CEO couldn't stand to be conquered.

Doctor Who: A British

Alien? - Danny Nicol

2018-02-02

This book argues that Doctor Who, the world's longest-

running science fiction series often considered to be about distant planets and monsters, is in reality just as much about Britain and Britishness. Danny Nicol explores how the show, through science fiction allegory and metaphor, constructs national identity in an era in which identities are precarious, ambivalent, transient and elusive. It argues that Doctor Who's projection of Britishness is not merely descriptive but normative—putting forward a vision of what the British ought to be. The book interrogates the substance of Doctor Who's Britishness in terms of individualism, entrepreneurship, public service, class, gender, race and sexuality. It analyses the show's response to the pressures on British identity wrought by devolution and separatist currents in Scotland and Wales, globalisation, foreign policy adventures and the unrelenting rise of the transnational corporation.

The lost illusions - Honoré de Balzac 1904

The Foundations of Flourishing and Our Responsibility to Infants -

Gillian Joiner 2022-03-28

Neuroscientific evidence reveals that childcare centres are high stress environments which can disrupt the brain's emotional developmental circuitry during critical phases, impacting a child's later ability to flourish. At the same time evidence also reveals that some parenting practices are sub-optimal. Exploring what it is infants really need to grow emotionally well, represents a largely unexplored issue. If the state wants to be populated by flourishing individuals, then this topic must be addressed. Using an ethical framework to tease out the wide ranging, complex, and sometimes controversial issues that this dilemma presents, *The Foundations of Flourishing and Our Responsibility to Infants* follows a cross-disciplinary journey. The author pieces together pertinent issues in a synthesised critique of political, feminist, and moral philosophy, as well as

psychological and neuroscientific findings, and offers some possible solutions. It will be of interest to researchers and teachers in areas including philosophy, psychology, education, social care, as well as educators and policy-makers in early childhood development.

Help, I'm Lost! - Richard M. Wright 2012-06

Are you saved? Yes? No? Not sure? Confused about what saved really means? Then you need this book. We are wanderers in this world. Dr. Wright serves as your tour guide through the salvation process. You will learn why we need salvation from God by navigating down into the pit of sin and death. He will lead you back out by climbing upward through an examination of salvation's steps. Your ultimate decision of eternal implications depends on this spiritual journey. It's time to stop being lost. It's time to use this wanderer's guide to salvation.

Narrative and Dramatic Approaches to Children's Life Story with Foster,

Adoptive and Kinship

Families - Joan E. Moore

2019-12-06

Narrative and Dramatic Approaches to Children's Life Story with Foster, Adoptive and Kinship Families outlines narrative and dramatic approaches to improve vulnerable family relationships. It provides a model which offers new ways for parents to practise communicating with their children and develop positive relationships. The book focuses on the Theatre of Attachment model - a highly innovative approach which draws from a strong theoretical base to demonstrate the importance of narrative and dramatic play for sharing the children's life history in the family home with their adoptive, foster or kinship parents. An emphasis is on having fun ways to work through complex feelings and divided loyalties, so as to secure attachment. This practice model aims to raise children's self-esteem and communication skills and to combat the profound effects of

abuse, neglect on trauma on children's development. This book will be of great interest for academics, post-graduate students, universities and Training bodies, service providers and practitioners involved in social work and creative therapies, child psychologists, child psychotherapists and public and private adoption and foster care agencies.

The Freedoms We Lost -

Barbara Clark Smith 2010

Examines the freedoms enjoyed by colonial American followers of the British king in the years prior to the American Revolution.

Adam Smith's Lost Legacy -

G. Kennedy 2005-02-21

In this accessible book, Gavin Kennedy takes a fresh look at Adam Smith's moral philosophy and its links to his political economy and his lectures on Jurisprudence. The book provides a new analysis of Wealth of Nations, and argues that Adam Smith's intellectual legacy was completely transformed in the Nineteenth and Twentieth centuries by

economists pursuing different agendas, to create ideas and policies that Smith did not advocate. It also provides a new explanation for the main mysteries about Smith's later life.

Nurturing Natures - Graham Music 2016-10-21

This new edition of the bestselling text, *Nurturing Natures*, provides an indispensable synthesis of the latest scientific knowledge about children's emotional development. Integrating a wealth of both up-to-date and classical research from areas such as attachment theory, neuroscience developmental psychology and cross-cultural studies, it weaves these into an accessible enjoyable text which always keeps in mind children recognisable to academics, practitioners and parents. It unpacks the most significant influences on the developing child, including the family and social context. It looks at key developmental stages from life in the womb to the pre-school years and right up until adolescence, covering

important topics such as genes and environment, trauma, neglect or resilience. It also examines how children develop language, play and memory and, new to this edition, moral and prosocial capacities. Issues of nature and nurture are addressed and the effects of different kinds of early experiences are unpicked, creating a coherent and balanced view of the developing child in context. *Nurturing Natures* is written by an experienced child therapist who has used a wide array of research from different disciplines to create a highly readable and scientifically trustworthy text. This book should be essential reading for childcare students, for teachers, social workers, health visitors, early years practitioners and those training or working in child counselling, psychiatry and mental health. Full of fascinating findings, it provides answers to many of the questions people really want to ask about the human journey from conception into adulthood. .

Attachment, Relationships and Food - Linda Cundy 2021-08-20

Using attachment theory as a lens for understanding the role of food in our everyday lives, this book explores relationships with other people, with ourselves and between client and therapist, through our connection with food. The aim of this book is twofold: to examine the nature of attachment through narratives of feeding, and to enrich psychotherapy practice by encouraging exploration of clients' food-related memories and associations. Bringing together contributions from an experienced group of psychotherapists, the chapters examine how our connections with food shape our patterns of attachment and defence, how this influences appetite, self-feeding (or self-starving) and how we may then feed others. They consider a spectrum from a "secure attachment" to food through to avoidant, preoccupied and disorganised, including discussion of eating disorders. Enriched throughout with diverse clinical case

studies, this edited collection illuminates how relationships to food can be a rich source of insight and understanding for psychotherapists, psychoanalysts and other counselling therapists working today.

The RISE, the FALL and the RECOVERY of the USA - Elias C. Hill 2009-06

Antiquity Forgot - Howard B. White 2012-12-06

It was probably Rousseau who first thought of dreams as ennobling experiences. Anyone who has ever read *Reveries du Promeneur Solitaire* must be struck by the dreamlike quality of Rousseau's meditations. This dreamlike quality is still with us, and those who experience it find themselves ennobled by it. Witness Martin Luther King's famous "I have a dream." Dreaming and inspiration raise the artist to the top rung in the ladder of human relations. That is probably the prevailing view among educated people of our time. Rousseau made that view respectable and predominant. Yet in another sense, the

problem is much older. It is the problem of political philosophy and poetry, the problem of Socrates and Aristophanes, of Plato and Homer. Yet, while antiquity usually gives the crown to philosophy, since Rous seau, the alternative view tends to prevail. The distinction is not, however, a formal one. Sir Philip Sidney enlisted Plato on the side of poetry. The true distinction is between imagination and reason. If reason is to rule, as Aristotle points out,¹ the most architectonic of the sciences, that is political science, should rule. It is political philosophy which must determine the nature of the arts which will help or which will hinder the good of the city or the polity. That does not mean that a mere professor should stand in judgment of Shake speare, Bacon, and Rembrandt. It means that ifhe studies these three great artists, he is not over-stepping disciplinary limits.

Toxic Childhood - Sue Palmer
2015-02-12

One in six children in the

developed world is diagnosed as having 'developmental or behavioural problems' - this book explains why and shows what can be done about it. Children throughout the developed world are suffering: instances of obesity, dyslexia, ADHD, bad behaviour and so on are all on the rise. And it's not simply that our willingness to diagnose has increased; there are very real and growing problems. Sue Palmer, a former head teacher and literacy expert, has researched a whole range of problem areas, from poor diet, lack of exercise and sleep deprivation to a range of modern difficulties that are having a major effect: television, computer games, mobile phones. This combination of factors, added to the increasingly busy and stressed life of parents, means that we are developing a toxic new generation. TOXIC CHILDHOOD illustrates the latest research from around the world and provides answers for worried parents as to how they can protect their

families from the problems of
the modern world and help

ensure that their children
emerge as healthy, intelligent
and pleasant adults.