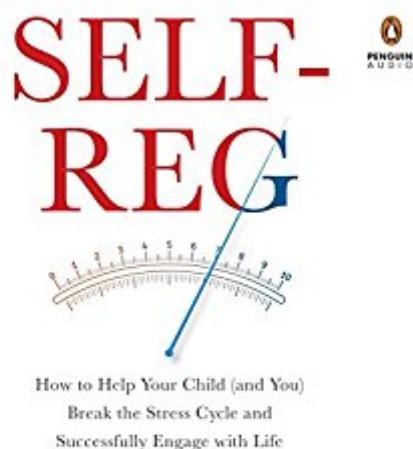


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# **Self-Reg: How To Help Your Child (and You) Break The Stress Cycle And Successfully Engage With Life**



**DR. STUART SHANKER**

with Teresa Barker

Read by Robert Fass

UNABRIDGED



## Synopsis

The first parenting book to bring the science and psychology of children's behavior together to build brain/body awareness for self-regulation and success. *Self-Reg* is a groundbreaking book that presents an entirely new understanding of your child's emotions and behavior and serves as a practical guide for parents to help their kids engage calmly and successfully in learning and life. Rooted in decades of clinical practice and research by leading child psychologist Dr. Stuart Shanker, *Self-Reg* realigns the power of the parent-child relationship for positive change.

Self-regulation is the nervous system's way of responding to stress. We are seeing a generation of children and teens with excessively high levels of stress and, as a result, an explosion of emotional, social, learning, behavior, and physical health problems. But few parents recognize the hidden stressors that their children are struggling with physiologically as well as socially and emotionally. An entrenched view of childrearing is seeing our children as lacking self-control or willpower, but the real basis for these problems lies in excessive stress. Self-regulation can dramatically improve a child's mood, attention, and concentration. It can help children to feel empathy and to develop the sorts of virtues that every parent knows are vital for their child's long-term well-being. Self-regulation brings about profound and lasting transformation that continues to mature throughout life. Shanker translates decades of his findings from working with children into practical, prescriptive advice for parents, giving them concrete ways to develop their self-regulation skills and teach their children how to do the same for optimal learning, social, and emotional growth as well as for overall well-being.

## Book Information

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## Customer Reviews

This book has great explanations of brain changes and development that contribute to child and adolescent anxiety. I would recommend this to clinicians working with kids who have sensory and behavioral issues, as well as parents. While informative, the text is not intimidating, and has a lot of vignettes that help illustrate the information.

My son has been diagnosed with anxiety, sensory processing disorder and ADHD at different times in his life but these labels do nothing to help explain what is going on inside of him and the behaviors that manifest from this inner turmoil. This book does just that! It is hands down the best book I've ever read on the subject and I think I've read them all. I was not surprised to find that the author worked under the great Stanley Greenspan and even co-authored a book called the "First Idea" with him. The wonderful thing about this book is explains all the research in such a simple straightforward way. I feel like it answered every question I've ever had about my son. I think if you read this along with Ross Greene's new "Raising a Human Being" you have all the tools you will need to successfully parent your stressed child. Dr. Shanker, thank you so much for writing this brilliant book!!

I wish I had access to this book years ago...valuable information for adoptive parents!

excellent book for those who work with children. its a must read for anyone who has kids or works with kids who have difficulty regulating their emotions

Fantastic book! Highly recommend reading it if you are a parent or professional!

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Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)  
Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating)  
When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain (Yale University Press Health & Wellness)  
Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and

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