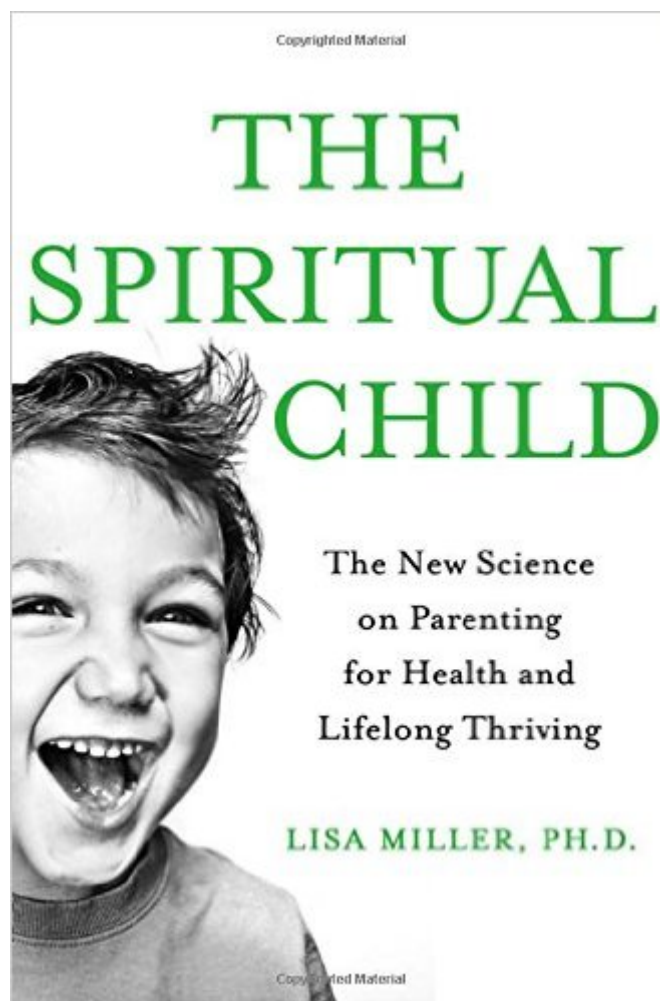


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# The Spiritual Child: The New Science On Parenting For Health And Lifelong Thriving



## Synopsis

NEW YORK TIMES Bestseller USA TODAY Bestseller Publishers Weekly Bestseller In *The Spiritual Child*, psychologist Lisa Miller presents the next big idea in psychology: the science and the power of spirituality. She explains the clear, scientific link between spirituality and health and shows that children who have a positive, active relationship to spirituality: \* are 40% less likely to use and abuse substances \* are 60% less likely to be depressed as teenagers \* are 80% less likely to have dangerous or unprotected sex \* have significantly more positive markers for thriving including an increased sense of meaning and purpose, and high levels of academic success. Combining cutting-edge research with broad anecdotal evidence from her work as a clinical psychologist to illustrate just how invaluable spirituality is to a child's mental and physical health, Miller translates these findings into practical advice for parents, giving them concrete ways to develop and encourage their children's—as well as their own—well-being. In this provocative, conversation-starting book, Dr. Miller presents us with a pioneering new way to think about parenting our modern youth.

## Book Information

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## Customer Reviews

This book is mesmerizing, fascinating, and absolutely brilliant. Allow me to say from the outset, the work presented in this volume far exceeds relevance to insight toward child development. It is not only a window into the mind, psyche, and soul of a child... No, it is a portal peering into the great mystery of each of us. Be advised, this book is not a book about religion nor does it purpose an agenda. This is likely, in my opinion, one of the most object treatments of the concepts relating to

human spirituality that I have encountered. I have appreciated the science behind Lisa Miller's (author) observations as much as I have appreciated her "real-life" observations and anecdotes. As I have read through *The Spiritual Child*, I have been aware of my own thoughts getting carried away with considerations and critical reasoning of the thoughts presented to me. In other words, I am being fully engaged by this book. I am engrossed and invested...I'm considering my own upbringing as well as the raising of my own children and I'm considering the implications of my involvement as I prepare for the welcoming of my first grandchild in the coming months. This, to me, is the sign of a well-written, well-researched, and well-presented book. Honestly, I was hooked even from the introduction. It is evident from the dialectical flow of this book that Lisa Miller is a scientist (Clinical Psychologist and Director of Clinical Psychology at Columbia University). Do not let this revelation lead you to consider the book is written in academic speak; it is not. Dr Miller writes as a parent as much as a scientist and presents her thesis and findings in a conversational tone. As I mentioned earlier, I was drawn in to the discussion as early as the introduction.

I wish this book had been written a long time ago as it might have changed the manner in which the non-religious, moderate and overly religious reared their children when I was born. From now on when I attend a baby shower, this will be my gift in hardback. This author fully explains how a supported spiritual life can decrease the chance of becoming depressed and decreases substance abuse particularly since our government appears to be losing the ever growing expensive war, (crimes and deaths from drug wars and or overdoses), on illicit drugs. That section alone is worth the price of this book and Lisa Miller provides so much more. When the subtitle says "The New Science on Parenting for Health and Lifelong Thriving," she backs it up, so please keep an open mind and absorb its contents. For additional information please consider visiting (...), or you may want to visit the site first to decide if this book is for you. There are thirteen chapters which are divided into two sections, 1-7 is Part 1, Childhood and the remaining, Part II, Adolescence and Beyond. Many, many years ago, I used to work in a pediatric hospital on the adolescent unit which was and remains my favorite age group. Unfortunately many of them were terminal, so even though we were taught to remain professional, over time one does develop affection for them and their families which also included the attending physicians and the residents (teaching hospital) being effected. That may be the primary reason I thoroughly enjoyed this book. It might have saved me from being so angry at God and leaving the pediatric setting after thirteen years.

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