



The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving

By Ms Lisa Miller

Picador USA, United States, 2016. Paperback. Book Condition: New. 208 x 140 mm. Language: English . Brand New Book. 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.



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