



## The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving (Main Market Ed.)

By Lisa J. Miller

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving (Main Market Ed.), Lisa J. Miller, 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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