



# **Building Healthy Minds: The Six Experiences That Create Intelligence And Emotional Growth In Babies And Young Children**

*By Stanley I. Greenspan, Nancy Lewis, Stanley I. Greenspan*

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Every parent wants to raise a bright, happy, and moral child, but until Stanley Greenspan investigated the building blocks of cognitive, social, emotional, and moral development, no one could show parents how and when these qualities begin. In this book Dr. Greenspan, the internationally admired child psychiatrist, identifies the six key experiences that enable children to reach their full potential. In *Building Healthy Minds*, he draws upon discoveries made in his research and practice as he describes the many ways in which games, fantasy play, and conversations with and without words encourage this development. No one has looked so deeply into the very earliest stages of human development, and no other book makes such vital and effective information available to every parent.

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### Review

"A wake-up call about the emotional origins of intellectual development." -- *Science Books and Films*

"An exciting aspect of Greenspan's new work is its synthesis of developmental psychology with new insights derived from genetics and brain physiology." -- *Psychiatric News*

"Delight with, and dedication to, families shines through on every page." -- *Contemporary Psychology*

"Greenspan generously shares his insights....which are brilliant and exciting.... a clear guide to the early stages of emotional development." -- *T. Berry Brazelton, M.D.*

"Groundbreaking work by a leading researcher, theoretician, and clinical psychoanalyst." -- *Otto Kernberg, M.D.*

"Optimistic and reassuring." -- *Los Angeles Times*

"Takes its place among recent writing such as Gardner's Frames of Mind, Damasio's Descartes' Error.... A wealth of examples from clinical practice...absorbing reading." -- *Washington Post Book World*

### About the Author

**Stanley I. Greenspan, M.D.**, author of the widely used and praised books *The Challenging Child* and (with Serena Wieder, Ph.D.) *Engaging Autism*, is Clinical Professor of Psychiatry and Pediatrics at George Washington University Medical School and lives in Bethesda, Maryland.

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