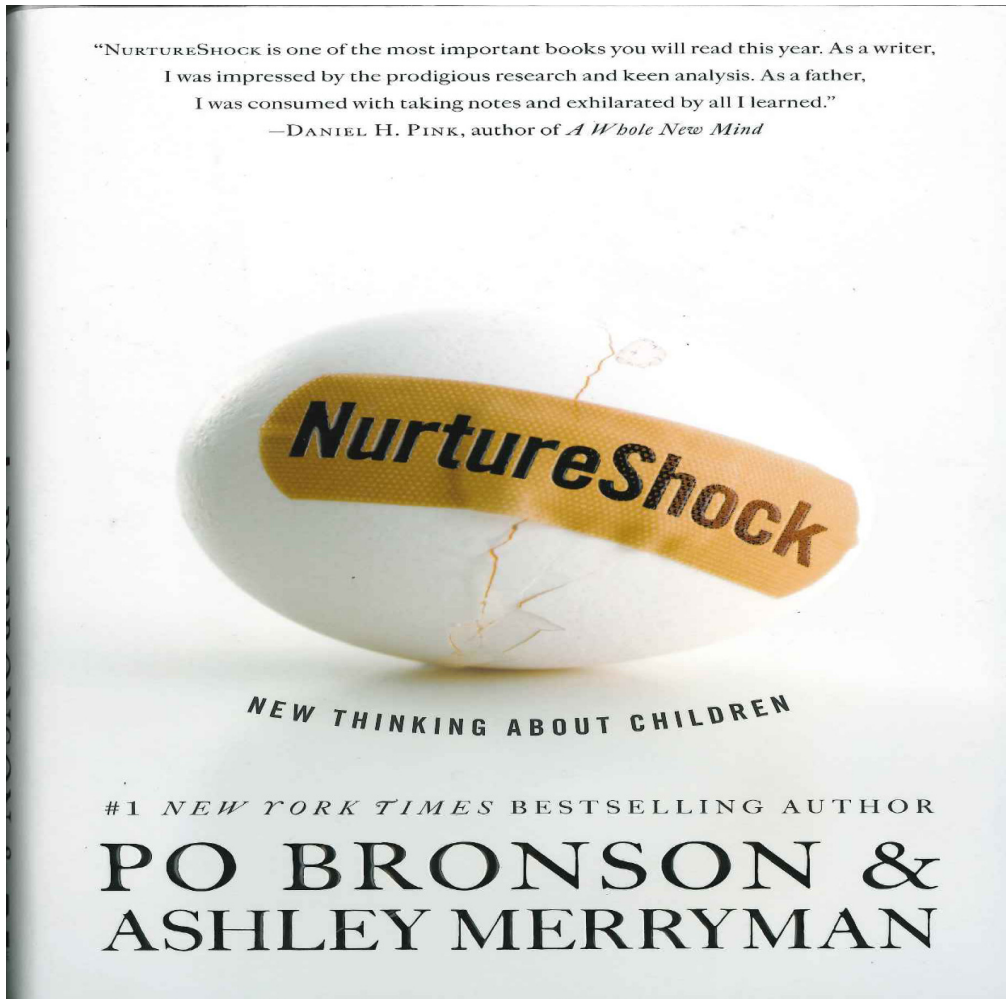


BOOK REVIEW



Looking to get a parenting discussion started among friends? Pick up a copy of *NURTURESHOCK*, choose a relevant chapter, and I guarantee you'll have hours of lively discussion and debate. Whether or not you agree or disagree with the authors' findings, this book provides excellent 'food for thought'.

Can too much praise really have a negative effect? What is the cost of an hour less sleep? Can self-control be taught? Po Bronson and Ashley Merryman explore these issues, and numerous others, in their book *NURTURESHOCK: New Thinking About Children*.

An easy and enlightening read from beginning to end, Bronson and Merryman address topics that emerge for those of us who find ourselves enmeshed with the lives of children and adolescents. Steeped in current scientific research, *NURTURESHOCK* serves to demystify issues such as sibling rivalry, lying, childhood aggression, and teen rebellion.

The authors have successfully taken hundreds of scientific studies on childhood development and translated them into informative and easily understood anecdotes that serve to shed light on everyday issues parents, teachers, and children/teens encounter.

"*NURTURESHOCK* provides a revolutionary new perspective on childhood that upends a library's worth of conventional wisdom. Nothing like a parenting manual, *NURTURESHOCK* gets to the core of how we grow, learn, and live."