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The Science of Parenting is the best parenting book I've read in many years. I couldn't put it down. It's easy to read for a non-scientist but offers footnotes to copious professional articles for those wanting more meat. The author presents research from the fields of neurobiology and neuropsychology which speaks to the importance of a child's ...

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Margot Sunderland - Wikipedia

The Science of Parenting by Margot Sunderland aims to show parents how current scientific research can help their child-rearing efforts. As Sunderland writes, It's both awesome and sobering to know that as parents we have such a direct effect on the actual wiring and long-term chemical balance in our children's brains.

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