



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

Stanley I Greenspan, Nancy Lewis

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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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