

# What Babies Say Before They Can Talk



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The Nine Signals Infants Use  
to Express Their Feelings

Paul C. Holinger, M.D., M.P.H., with Kalia Doner

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How many times have you held your fussing or crying baby and thought, "Come on, please tell me what's going on with you!" Well, your infant does tell you. In *What Babies Say Before They Can Talk*, Paul C. Holinger, M.D., M.P.H., a psychiatrist and psychoanalyst who has been studying children and their emotions for more than twenty-five years, explains how infants communicate with us, and we with them. Dr. Holinger decodes the nine easily identifiable signals -- interest, enjoyment, surprise, distress, anger, fear, shame, disgust (a reaction to bad tastes), and dissmell (a reaction to bad smells) -- that all babies use to express their needs and wants. These insights will aid parents in discerning what their baby is feeling. This book can help all parents become more confident and self-aware in their interactions with their children, create positive communication, and put the joy back into parenting. This is a unique work. It provides a foundation for understanding feelings and behavior. Based on emerging research, *What Babies Say Before They Can Talk* offers parents a new perspective on their babies' sense of the world and the people around them. The goal of this book is to help parents enhance their infants' potential, prevent problems, and raise happy, healthy, responsible children.

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从事儿童心理科研和临床治疗近30年，任路斯·普里斯百泰利安·圣路克医学中心心理学系教授、芝加哥心理分析机构医师、高校辅导员、主任研究员。著有多本心理学书籍，发表多篇学术论文和医学杂志文章。美国“今日心理学网站”“最棒的孩子，最棒的父母”专栏作家。

卡莉亚·多纳 (Kalia Doner)



作家，主编，目前在纽约工作，著有超过28本健康、家庭类畅销书籍。

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