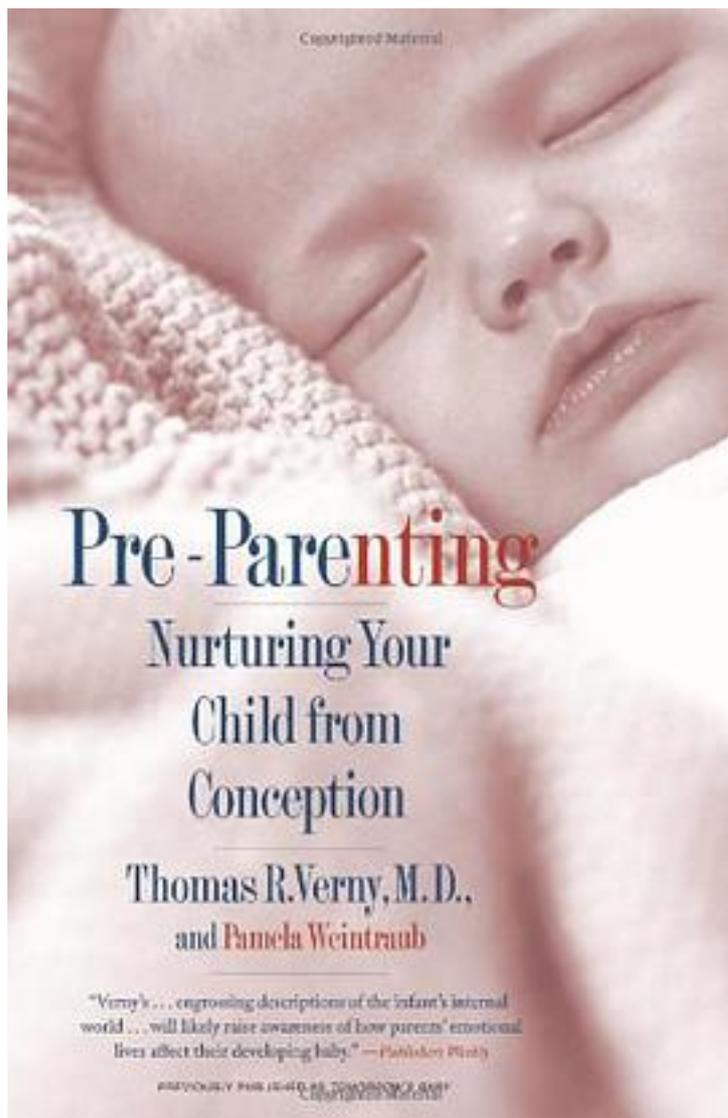


Pre-Parenting



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How does a mother's tone of voice affect her unborn child? What kind of music, if any, should a child be exposed to in the womb? Can parents influence the predispositions of their child to traits like depression, or something as elusive as basic goodness? Thanks to revolutionary discoveries in neuroscience and developmental psychology in recent years, says Dr. Thomas Verny, we now know more about these questions than ever. In *Pre-Parenting*, Dr. Verny translates this research into practical advice for parents and parents-to-be. *Pre-Parenting* explains how even the most ordinary events can evoke a cascade of biological changes in a baby -- not only in the brain but also in the immune system and throughout the body. Every experience, from a baby's trip down the birth canal to the way she is held or spoken to, can shape her health and personality. An internationally recognized expert in early human development, Dr. Verny shows parents how to use this new information to create an ideal environment for their babies, enhance their babies' intelligence and social skills, and become better parents through "conscious parenting." Insightful and encouraging, *Pre-Parenting* is an invaluable guide for parents who want to help actualize their child's full potential, beginning with conception.

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