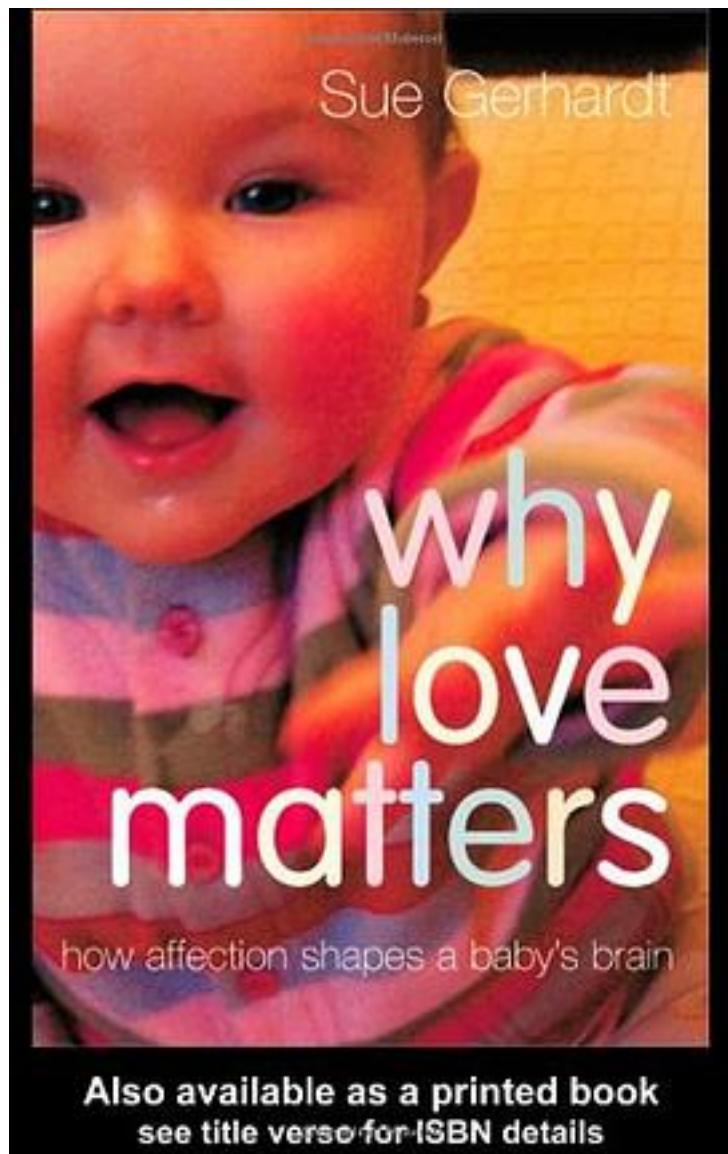


Why Love Matters



Also available as a printed book
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著者:Gerhardt, Sue

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Why Love Matters explains why love is essential to brain development in the early years of life, particularly to the development of our social and emotional brain systems, and presents the startling discoveries that provide the answers to how our emotional lives work. Sue Gerhardt considers how the earliest relationship shapes the baby's nervous system, with lasting consequences, and how our adult life is influenced by infancy despite our inability to remember babyhood. She shows how the development of the brain can affect future emotional well being, and goes on to look at specific early 'pathways' that can affect the way we respond to stress and lead to conditions such as anorexia, addiction, and anti-social behaviour. Why Love Matters is a lively and very accessible interpretation of the latest findings in neuroscience, psychology, psychoanalysis and biochemistry. It will be invaluable to psychotherapists and psychoanalysts, mental health professionals, parents and all those concerned with the central importance of brain development in relation to many later adult difficulties.

作者介绍:

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标签

心理学

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affection

评论

教育真是一门玄学啊，全书贯穿始终的线就是人生下来就是要不断跟父母connection，终于解释了我为什么这么讨厌我妈了，对小孩负责不容易。

要小孩之前都应该来读读这个

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书评

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