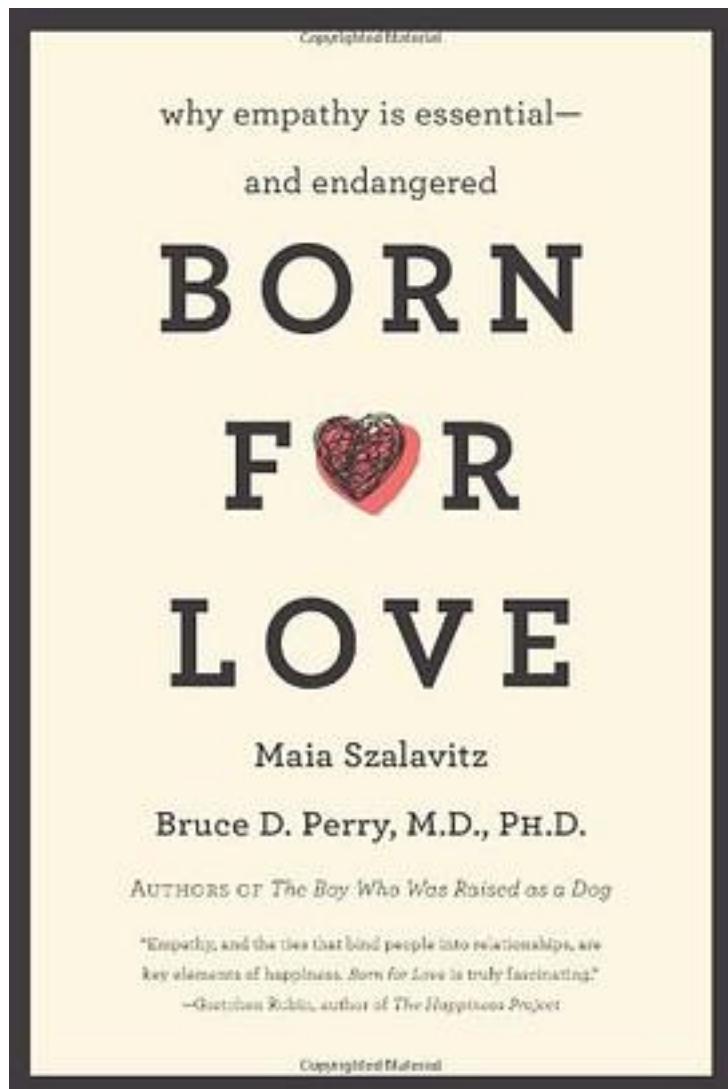


# Born for Love



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著者:Bruce D. Perry

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An inside look at the power of empathy: Born for Love is an unprecedented exploration of how and why the brain learns to bond with others—and a stirring call to protect our children from new threats to their capacity to love. From birth, when babies' fingers instinctively cling to those of adults, their bodies and brains seek an intimate connection, a bond made possible by empathy—the ability to love and to share the feelings of others. In this provocative book, renowned child psychiatrist Bruce D. Perry and award-winning science journalist Maia Szalavitz interweave research and stories from Perry's practice with cutting-edge scientific studies and historical examples to explain how empathy develops, why it is essential for our development into healthy adults, and how it is threatened in the modern world. Perry and Szalavitz show that compassion underlies the qualities that make society work—trust, altruism, collaboration, love, charity—and how difficulties related to empathy are key factors in social problems such as war, crime, racism, and mental illness. Even physical health, from infectious diseases to heart attacks, is deeply affected by our human connections to one another. As Born for Love reveals, recent changes in technology, child-rearing practices, education, and lifestyles are starting to rob children of necessary human contact and deep relationships—the essential foundation for empathy and a caring, healthy society. Sounding an important warning bell, Born for Love offers practical ideas for combating the negative influences of modern life and fostering positive social change to benefit us all.

作者介绍:

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布鲁斯·佩里博士, 美国儿童创伤研究院高级研究员, 专注创伤儿童心理咨询与临床治疗工作长达15年, 脱口秀女王奥普拉最为推崇的儿童创伤治疗专家。

马娅·萨拉维兹, 《纽约时报》《华盛顿邮报》自由撰稿人, 美国公共电视上最值得观看的议话题节目《查理·罗斯访谈》制片人。

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标签

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