Nurturing A Healthy Mind: Doing What Matters Most For Your Child's Developing Brain

Michael C Nagel, Dr, University of the Sunshine Coast
If you’ve ever wondered whether enrolling your three-year-old in ‘enrichment programs’ will give them a head start in life, or have simply despaired at your four-year-old’s inability to sit still, you’ll find *Nurturing a Healthy Mind* essential reading!

Over the past couple of decades, advances in technology have made possible new and exciting insights into how the brain grows, learns and operates. And there is now growing consensus that this knowledge is of great relevance to parenting and all manner of child-rearing contexts.

*Nurturing a Healthy Mind* takes the available science on how the brain responds to the environment, processes stimuli and ‘thinks’, and presents it in an easy-to-understand and user-friendly format. It ‘translates’ what neuroscience is telling us about the development of a child’s mind from birth to pre-pubescence. Specifically, it details the development of the brain from infancy to the early school years and explains how this knowledge can help us deal with the everyday realities of raising healthy and happy children.

‘A treasure trove of information, *Nurturing a Healthy Mind* knits together the latest findings in brain science while dispelling long-held myths about how to train the brain. Bravo!’  
— Dr Kathryn Hirsh-Pasek, Director of the Infant Language Laboratory, and the Stanley and Debra Lefkowitz Professor in the Department of Psychology, Temple University

ISBN 978-1-921966-02-6

www.exislepublishing.com

Michael C Nagel PhD

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