

***Attached at the Heart:
8 Proven Parenting Principles for Raising Connected and Compassionate Children***

PRAISE FOR ATTACHED AT THE HEART

"Trust me. This is the only baby book you'll ever need! It's amazing, heartwarming, and completely user-friendly. Just add your heart!"

Christiane Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause* and *Women's Bodies*, and *Women's Wisdom*

"In my mind no two people anywhere on the planet have worked and sacrificed more than Barbara and Lysa to promote healthy and happy attachment relationships between mothers, fathers and their infants. Their book provides careful and accurate if not cautious recommendations about infants and their caregivers that closely follow more balanced scientific findings and not simply, those that support their own personal philosophies or political agendas, a description accurately applied to more traditional medical authoritative associations. I recommend their book without hesitation and with much enthusiasm."

James J. McKenna, Ph.D. Edmund P. Joyce C.S.C. Chair in Anthropology, and Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame

"This is a wise and nurturing book for parents, helping them nurture their children according to their emotional and developmental needs. A much needed guide to attuned parenting. I highly recommend it."

Harville Hendrix, PhD, co-author with Helen LaKelly Hunt of *Giving the Love that Heals: A Guide for Parents*

"Here's the book that not only answers your questions about attachment parenting but includes the research that backs it up. *Attached at the Heart* is a gift for all of us looking for practical information on how to strengthen the emotional connections in our families, a powerful and undeniable influence towards achieving a compassionate world."

Marian Tompson, Cofounder, La Leche League International Founder and president *AnotherLook* at breastfeeding and HIV/AIDS

"Simple changes in the way you parent can make a huge difference in your child's confidence, resilience and ability to love. *Attached at the Heart* is thoroughly loving, compelling and supportive-packed with practical, good-sense advice to help you to strengthen and deepen your child's humanity...every single day."

Harvey Karp, MD, FAAP, creator of the book/DVD *The Happiest Baby on the Block*

"*Attached at the Heart* is a breathtaking wake-up call for parents and children everywhere. With stunning acuity, scientific insight, and a rare passion, authors Barbara Nicholson and Lysa Parker unlock the keys to creating compassionate, connected families. The result is that there is truly no other parenting book that covers as much crucial ground as deeply, accessibly, and comprehensively as this one. The gift is that they have succeeded in writing a revolutionary book that offers a shining light for parents, and a huge impetus for positive, lasting change."

Lu Hanessian, author of acclaimed memoir *Let the Baby Drive: Navigating the Road of New Motherhood*, former NBC anchor, syndicated columnist, and parent educator

“Attachment parenting has worked so well for our family and I'm thrilled that more and more people are becoming familiar with the idea. *Attached at the Heart* will help parents become acquainted with parenting principles to ensure connected, confident children and provide them with tools they can use in every relationship or endeavor in their lives as adults. I have seen the benefits with my own children and I hope you will find some words of wisdom and useful techniques in this wonderful book.”

Melora Hardin, Plays “Jan” in the hit NBC show, *The Office*

“*Attached at the Heart* is the first book to present attachment theory in an accessible and contemporary way. Its 8 Principles are critical guideposts by which parents can light their way to a healthy relationship with their children.

Peggy O'Mara, Editor and Publisher, *Mothering*

“No two babies are born the same—they come with no instructions and no guarantee, and yet parents are expected to raise perfect children every time! Parents have to rely on their instincts, but human instincts are intensely colored by our own childhood experiences of being raised—for better or for worse.

To make raising children even more confusing, there is a bewildering array of conflicting information for parents, the media feeds off stories of family drama and distress, and cultural change during the past thirty years has been so extensive that many family values are often seen as being old-fashioned or outdated. So how do parents cope with the greatest challenge of their lives? How do parents raise children to flourish in the world that they will inherit?

Raising healthy children to become healthy adults requires parents to give babies, toddlers, and small children a prodigious amount of time and appropriate attention. Attachment parenting is not a soft option—yes, it can bring lasting joy, strong family bonds, and immense satisfaction, but, like any worthwhile undertaking, it requires knowledge, commitment, and support to achieve a positive result. Attachment parenting is in many ways the practical application of my father's theory.

In *Attached at the Heart*, Barbara Nicholson and Lysa Parker have gathered from around the world an astonishing array of carefully selected information about parenting babies and toddlers. This thought-provoking anthology has been intelligently organized into “eight principles” that guide readers on a journey of discovery—sometimes reassuring and sometimes a reality check! The authors have managed to précis academic research findings with a light touch and merge them with years of personal experience and of helping countless parents through Attachment Parenting International (API). The depth of knowledge presented in *Attached at the Heart* allows readers to draw their own conclusions about how best to apply the information to their own personal circumstances.”

Sir Richard Bowlby, Bt, Son of Dr. John Bowlby

“This is really quite a remarkable book. It's a veritable encyclopedia of attachment parenting. Hard to think of any area not covered, and hard to find any reference that's missing. The style is clear and from beginning to end suffused with the warmth and gentleness of the authors. *Attached at the Heart* will serve as a comprehensive reference resource for attachment parenting parents who want to support their choices with the wide-ranging research that's out there, but hard to find in one place.”

Elliott Barker, MD, Forensic Psychiatrist, Founder, Canadian Society For the Prevention of Cruelty to Children (CSPCC)

“*Attached at the Heart* communicates an enormous spectrum of information that is valuable and inspirational to parents and professionals. It defines Attachment Parenting in the most comprehensive and profound way. *Attached at the Heart* is an indispensable primer for any new parent.”

Isabelle Fox, PhD, Author of *Being There: The Benefits of a Stay-at-Home Parent*

“Sometimes, we parents lose sight of just how important we are. *Attached at the Heart* is a loving reminder of how crucial mothers and fathers are to children--and to the human story. Nicholson and Parker have put together an accessible, to-the-point, and inspiring manual that offers practical ways to foster a sense of the sacred in the work of raising children.”

Enola Aird, Director, The Motherhood Project, Visiting Scholar, Judge Baker Children's Center, Boston, MA

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