

《NURTURE SHOCK 让人震撼总

图书基本信息

书名：《NURTURE SHOCK 让人震撼的育儿术》

13位ISBN编号：9780446559416

10位ISBN编号：0446559415

出版时间：2009-9

出版社：艺洲

页数：336

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内容概要

NurtureShock is a revolutionary new perspective on childhood that up-ends a library 's worth of conventional wisdom. Nothing like a parenting manual, NurtureShock gets to the core of how we grow, learn and live. The central premise of this book is that many of modern society 's strategies for nurturing children are in fact backfiring – because key twists in the science have been overlooked. The resulting errant assumptions about child development have distorted parenting habits, school programs, and social policies. They affect how we think about kids, and thus how we interpret child behavior and communicate with the young. The intent of this book is not to be alarmist, but to teach us to think differently – more deeply and clearly – about children.

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作者简介

About the Authors

Po Bronson and Ashley Merryman ' s New York Magazine articles on the science of parenting won the magazine journalism award from the American Association for the Advancement of Science and a Clarion Award. Their articles for Time Magazine have won the award for outstanding journalism from the Council on Contemporary Families. Prior to collaborating, Bronson authored five books, including the #1 New York Times bestseller What Should I Do With My Life? Merryman ' s journalism has appeared in The Washington Post and The National Catholic Reporter.

Bronson lives in San Francisco, with his wife and two children. Merryman lives in Los Angeles, where she runs a church-based tutoring program for inner-city children.

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书籍目录

Preface Introduction 1. THE INVERSE POWER OF PRAISE 2. THE LOST HOUR 3. WHY WHITE PARENTS DONT TALK ABOUT RACE 4. WHY KIDS LIE 5. THE SEARCH FOR INTELLIGENT LIFE IN KINDERGARTEN 6. THE SIBLING EFFECT 7. THE SCIENCE OF TEEN REBELLION 8. CAN SELF-CONTROL BE TAUGHT? 9. PLAYS WELL WITH OTHERS 10. WHY HANNAH TALKS AND ALYSSA DOESNT CONCLUSION Acknowledgments Notes Selected Sources and References About the Authors Index

《NURTURE SHOCK 让人震撼总

媒体关注与评论

"Bronson's genial voice and enthusiasm work well as he narrates his and Merryman's paradigm-shifting text on parenting. In general, Bronson's energy will pull in listeners; he's at his best when discussing the theory and science behind it. His tone and emphasis help guide listeners through sometimes-complex subjects and terms." (AudioFile)

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编辑推荐

"NURTURESHOCK is one of the most important books you will read this year. Bronson and Merryman move parenting out of the realm of folklore and into the realm of science -- and reveal what decades of studies teach us about the complexities of raising, happy, healthy, self-motivated kids. As a writer, I was impressed by the prodigious research and keen analysis. As a father, I was consumed with taking notes and exhilarated by all I learned." (Daniel H. Pink, author of A WHOLE NEW MIND)^"A provocative collection of essays popularizing recent research that challenges conventional wisdom about raising children...[Bronson and Merryman] ably explore a range of subjects of interest to parents... Their findings are often surprising. For example, in schools with greater racial diversity, the odds that a child will have a friend of a different race decrease; listening to "baby DVDs" does not increase an infant's rate of word acquisition; children with inconsistent and permissive fathers are nearly as aggressive in school as children of distant and disengaged fathers. Bronson and Merryman call attention to what they see as two basic errors in thinking about children. The first is the fallacy of similar effect-the assumption that what is true for adults is also true for children. The second-the fallacy of the good/bad dichotomy-is the assumption that a trait or factor is either good or bad, when in fact it may be both (e.g., skill at lying may be a sign of intelligence, and empathy may become a tool of aggression.) The authors also provide helpful notes for each chapter and an extensive bibliography. A skilled, accessible presentation of scientific research in layman's language." (Kirkus)

《NURTURE SHOCK 让人震撼总

名人推荐

The central premise of this book by Bronson (What Should I Do with My Life?) and Merryman, a Washington Post journalist, is that many of modern society's most popular strategies for raising children are in fact backfiring because key points in the science of child development and behavior have been overlooked. Two errant assumptions are responsible for current distorted child-rearing habits, dysfunctional school programs and wrongheaded social policies: first, things work in children the same way they work in adults and, second, positive traits necessarily oppose and ward off negative behavior. These myths, and others, are addressed in 10 provocative chapters that cover such issues as the inverse power of praise (effort counts more than results); why insufficient sleep adversely affects kids' capacity to learn; why white parents don't talk about race; why kids lie; that evaluation methods for giftedness and accompanying programs don't work; why siblings really fight (to get closer). Grownups who trust in old-fashioned common-sense child-rearing—the definitely un-PC variety, with no negotiation or parent-child equality—will have less patience for this book than those who fear they lack innate parenting instincts. The chatty reportage and plentiful anecdotes belie the thorough research backing up numerous cited case studies, experts' findings and examination of successful progressive programs at work in schools. (Sept.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

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精彩短评

- 1、看的是中文版
- 2、此书可将市面上各种鸡汤育儿书轰杀至渣，迫不及待推荐给各位死理性派爹地妈咪以及准爸准妈，you will love it
- 3、Some parenting wisdom that I hope will stay with me till the day I'm faced with these problems. Eye opening and practical science. Debunking was a bit weak, empirical evidence a bit long winded
- 4、非常值得一看，探讨了很多孩子成长过程中可能遇到的问题，而答案往往并不是我们通常想象的那样。
- 5、28/07/15 bought in Whitcoulls

《NURTURE SHOCK 让人震撼总

精彩书评

1、接近四星的评价。刚开始看preface的时候感觉语言难度不小压力挺大，后面正文的内容都还算基本能看懂。2013年国庆前一半脑子就献给这本书了。行文是常见的西方科普式的、引经据典又归于仿佛常识的模式，西方的人文社会科学真是强大的不行，书里充斥大量儿童行为及脑神经科学的系统试验与研究报告的简易解说版。内容上重点涵盖praise, sleep, lie以及种族认识、叛逆、play和语言能力等几个方面。细数随着技术发展幼儿成长研究的新论断，对于尚未为人父母的同学是很有帮助的。关键是美国人连做这个幼儿研究都真TM认真，看了很放心，不担心被忽悠被误导。只要有仔，有些指导性的意见和方法甚至可以马上在自己孩子身上试验，这些互动试验很轻，非常有意思，良好的互动对一两岁的小孩子而言，可能影响后续好多年的成长。书看完了，空一空该回家了。

章节试读

1、《NURTURE SHOCK 让人震撼的育儿术》的笔记-第95页

it needs to be recognized that no current test or teacher ratings system, whether used alone or in combination on such young kids(five-year-old's), meets a reasonable standard of confidence to justify a long-term decision.

2、《NURTURE SHOCK 让人震撼的育儿术》的笔记-第155页

没有看懂这个Tools of the Mind是什么意思，囧1 kids won't be distracted because they're so consumed in the activities they've chosen;

2 kids who can't learn because he's easily distracted. when children are motivated, they learn more;

3 the notion of being able to sustain one's own interest is considered a core building block in Tools.

3、《NURTURE SHOCK 让人震撼的育儿术》的笔记-第177页

1 babies' brains are so sensitive to live human speech;

2 the central role of the parent is to notice what's coming from the baby, and respond accordingly;

3 children need breaks for their brain to consolidate what it's learne.

4、《NURTURE SHOCK 让人震撼的育儿术》的笔记-第131页

继昨天篮球场跑步10圈近3000米之后，今天再次9圈向国庆献礼，散花~~~1 they've set a few rules over certain key apheres of influence, and they've explained why the rules are there;

2 the more controlling the parent, the more likely a child is to experience boredom;

3 the type of parents who were lied to the least had rules and enforced them consistently, but they had found a way to be flexible that allowed the rule-setting process to still be respected.如果你真心讲出了你的理由和难处，我听着觉得可信靠谱，那么即使我认为不行，我也可以换种方式满足或者补偿你。 「2013年国庆快乐」

5、《NURTURE SHOCK 让人震撼的育儿术》的笔记-第72页

1 any false statement, regardless of intent or belief is a lie;

2 young kids process the risk of lying by considering only their own self-protection;

3 telling kids that the truth will make a parent happy challenges the kid's original thought that hearing good news--not the truth--is what will please the parent;

4 parents often entrap their kids, putting them in positions to lie and testing their honesty unnecessarily.

6、《NURTURE SHOCK 让人震撼的育儿术》的笔记-第29页

1 a loss of one hour of sleep is equivalent to the loss of two years of cognitive maturation and development;

2 the more you learned during the day, the more you need to sleep that night because the brain shifts what it learned that day to more efficient storage regions of brain during sleep.

7、《NURTURE SHOCK 让人震撼的育儿术》的笔记-第47页

1 frequent predictions of future discrimination ironically become as destructive as experiences of actual discrimination;

2 security that comes from belonging to a group.

8、《NURTURE SHOCK 让人震撼的育儿术》的笔记-第11页

- 1 when we praise children for their intelligence, they'd chosen to look smart and avoid the risk of being embarrassed;
- 2 emphasizing effort gives a child a variable that they can control;
- 3 praise needs to be specific, and sincerity of praise is also crucial;
- 4 focused praise helped him see strategies he could apply the next day, including strategies for handling failure.

9、《NURTURE SHOCK 让人震撼的育儿术》的笔记-第116页

- 1 share physical possessions--or claiming them as their own--caused the most fights;
- 2 it's getting what you want from friends that forces a child to develop skills.

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