



# The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving

By Lisa J Miller

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**NEW YORK TIMES Bestseller**

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In *The Spiritual Child*, psychologist Lisa Miller presents the next big idea in psychology: the science and the power of spirituality. She explains the clear, scientific link between spirituality and health and shows that children who have a positive, active relationship to spirituality:

- \* are 40% less likely to use and abuse substances
- \* are 60% less likely to be depressed as teenagers
- \* are 80% less likely to have dangerous or unprotected sex
- \* have significantly more positive markers for thriving including an increased sense of meaning and purpose, and high levels of academic success.

Combining cutting-edge research with broad anecdotal evidence from her work as a clinical psychologist to illustrate just how invaluable spirituality is to a child's mental and physical health, Miller translates these findings into practical advice for parents, giving them concrete ways to develop and encourage their children's-as well as their own-well-being. In this provocative, conversation-starting book, Dr. Miller presents us with a pioneering new way to think about parenting our modern youth.

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### Editorial Review

#### Review

“Hundreds of books discuss parenting issues, but *The Spiritual Child* is a special resource with a focus on fostering children's spiritual lives. Perceptive, thought-provoking, and heavily researched, this is a valuable book for anyone interested in spiritual development in children, adolescents, and families.” ?*Gretchen Rubin, #1 New York Times bestselling author of THE HAPPINESS PROJECT*

“Lisa Miller is the leading psychologist of her generation on the benefits of religion and spirituality. She asks, ‘What makes life worth living’ and finds evidence-based answers.” ?*Martin E. P. Seligman, PhD, University of Pennsylvania, bestselling author of AUTHENTIC HAPPINESS and LEARNED OPTIMISM*

“Who can take the elusive subject of spirituality, subject it to rigorous scientific inquiry, and teach us more about it than we ever imagined? The answer is Lisa Miller. While honoring its depth and complexity, she shows in this important book how and why spirituality nourishes our children's well-being. And most important of all, she shows parents how to help this happen.” ?*Carol Dweck, PhD, Lewis & Virginia Eaton Professor of Psychology, Stanford University, author of MINDSET: THE NEW PSYCHOLOGY OF SUCCESS*

“A masterpiece. *The Spiritual Child* is an outstanding blend of science, psychology, and spirituality. Essential reading for anyone raising a child or helping others take care of their own children. This practical, complete, and easy-to-read book changes the landscape on raising children to be happy, healthy, and flourishing.” ?*Andrew Newberg, M.D., author of HOW GOD CHANGES YOUR BRAIN: Breakthrough Findings from a Leading Neuroscientist*

“Startlingly fresh scientific research and beautiful teachings about the many ways children can lead parents to deeper spirituality and fulfillment. *The Spiritual Child* is a fascinating, ground-breaking and important work.” ?*Wendy Mogel, author of the NYT bestseller, The Blessings of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children*

“Wonderful and thought-provoking . . . a warm, hopeful, and encouraging call for parents to nurture their children's spirits as well as their bodies and minds. Thank you Dr. Miller!” ?*Harvey Karp M.D., New York Times bestselling author of The Happiest Baby on the Block*

“A reassuring and instructive lesson in spiritual parenting . . . nurturing spirituality in your children may save them a world of pain.” ?*Kirkus*

“Provides thoughtful advice on encouraging the quest for meaning and purpose in a child's life . . . full of teaching moments, plenty of families' stories, and lots of sage advice, this highly readable volume should prove useful for unaffiliated and observant parents alike.” ?*Publishers Weekly*

#### About the Author

LISA MILLER, Ph.D., is Professor of Psychology and Education, and Director of the Clinical Psychology Program at Columbia University, Teachers College. She is also Director of the Spirituality Mind Body Institute. Dr. Miller's research has been published in journals including JAMA-Psychiatry, American Journal

of Psychiatry, and the Journal of the American Academy of Child & Adolescent Psychiatry. She has appeared on CNN, Fox News, MSNBC, and Weekend Today as an expert psychologist. She lives in Connecticut with her husband and three children.

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#### **Verna Hibbard:**

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