

Dr Sears Top Ten Life Saving Supplements

With clarity and compassion, Dr. Robert Sears guides the reader through the maze of autism, explaining what precautions parents can take to decrease their baby's risk, how to detect autism at the earliest possible age, and how to proceed once a diagnosis has been made. This book provides parents with a simple and clear understanding of the biomedical treatment approach that Dr. Sears has used successfully with many of his young patients. It lays out a plan for developmental, behavioral, and learning therapies; shows parents how to begin treatments without a doctor's help; presents information on vaccines and their safe use; and includes an extensive resources section. The Autism Book provides all the information and reassurance parents need. A fully revised edition of the Dr. Sears guide to breastfeeding, a perennial favorite of parents for nearly two decades From pediatric experts Martha Sears, R.N., and William Sears, M.D., a comprehensive, reassuring, authoritative information on: How to get started breastfeeding, with illustrated tips for latching on Increasing your milk supply Breastfeeding when working away from home Pumps and other technology associated with breastfeeding Making sure your nursing baby gets optimum nutrition, including the most recent information about the importance of omega-3 fatty acids and "milk-oriented microbiota" Nutrition and fitness for moms Nighttime breastfeeding Breastfeeding and fertility Toddler nursing and weaning Special circumstances And much more... Breastfeeding contributes to nurturing a smarter and healthier baby, and a healthier and more intuitive mommy. Isn't that what every child needs, and every parent wants? A pediatrician's guide to children's health and fitness offers a comprehensive approach to overcoming the greatest health risks in school-aged children--obesity, a lack of fitness, and unhappiness. Original.

Dr. Poo tackles such subjects as "Portrait of a Perfect Poop", "Curing Constipation" and "In Search of the Perfect Fiber Supplement". What's in poop is frequently on the no-no list to talk about, especially with younger children, just the opposite of what you will learn in this book. Admittedly, "So, how is your poop..." is probably never going to become a favorite topic of dinner conversation. Yet, after you read this book you will not only be able to poo easier and healthier, you will naturally feel good about one of your body's most important daily productions.

The Healthiest Kid in the Neighborhood

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The N.D.D. Book

The Vaccine Book

The Baby Book

Dr. Poo

The Scoop on Comfortable Poop

The Breastfeeding Book

In this scientific and revolutionary book, based on Nobel Prize-winning research, medical visionary and former Massachusetts Institute of Technology researcher Dr. Barry Sears makes peak physical and mental performance, as well as permanent fat loss, simple for you to understand and achieve. With lists of good and bad carbohydrates, easy-to-follow food blocks and delicious recipes, *The Zone* provides all you need to begin your journey toward permanent fat loss, great health and all-round peak performance. In balance, your body will not only burn fat, but you'll fight heart disease, diabetes, PMS, chronic fatigue, depression and cancer, as well as alleviate the painful symptoms of diseases such as multiple sclerosis and HIV. This Zone state of exceptional health is well-known to champion athletes. Your own journey toward it can begin with your next meal. You will no longer think of food as merely an item of pleasure or a means to appease hunger. Food is your medicine and your ticket to that state of ultimate body balance, strength and great health: the Zone.

A guide by two pediatricians who have raised eight children together discusses self-esteem, spanking, divorce, single parenting, travel, and baby-sitting, and offers advice on how to prevent, as well as stop, problem behavior. Tour.

Imagine you are up at three o'clock in the morning with a sick child. Wouldn't it be nice to have expert advice readily at hand to help get you through the night? Encyclopedic in scope, *The Portable Pediatrician* features timely and practical information on every childhood illness and emergency, including when to call the doctor, what reassuring signs can help you know your child is okay, how to treat your child at home, and much more -- all in a convenient A-to-Z format. Among the scores of topics covered: teething; sprains and broken bones; nosebleeds; measles; ear infections; choking; rashes; colic; headaches; eating disorders; fever; hip pain; warts; allergies; obesity; seizures; Asperger's Syndrome; bronchitis; masturbation; sunburns; pneumonia; speech delay; lice; vomiting; asthma; heart defects; blisters; sleep problems; and more. The Seares' guide parents and caregivers from a child's infancy through the teen

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years, teaching them what to expect at regular checkups as well as how to boost a child's well-being, devise a family health plan, work effectively with their pediatrician, and more. Distinguished by the Seares' trademark comprehensiveness, reliability, and accessible, comforting one, this book is a must-have for all families who want to keep their children healthy and happy. Look for The Portable Pediatrician app! Available for download from iTunes, it offers a complete browsable A-Z list of pediatric concerns, illnesses, and emergencies; a searchable database, growth charts; a portable medicine cabinet; helpful advice about pediatric checkups; and more.

Presents a guide to natural baby care which encourages nurturing a strong attachment between mother and baby and includes information on breast feeding, baby massage, sleep problems, and healthcare.

Transform Your Mind and Body, Five Changes in Five Weeks

The Baby Book, Revised Edition

The Baby Sleep Book

The Complete Guide to a Good Night's Rest for the Whole Family

What Baby Needs

The Premature Baby Book

The Discipline Book

LIVE A LONGER, LEANER, HEALTHIER LIFE IN THE MEDITERRANEAN ZONE! • Eat to stop weight gain and strip away unwanted fat. • Reverse diabetes and protect yourself from Alzheimer's. • Free yourself from inflammation, allergies, and hormonal chaos. • Enjoy the most delicious, nutritious foods from the world's most beloved cuisine. • Break out of the diet-and-exercise trap for good! The Mediterranean diet is the most universally accepted healthy eating regimen around. But what, exactly, is it? If you think it's pasta with red sauce, Italian bread drizzled in olive oil, and plenty of fresh fruit and cheese, you're wrong—dead wrong. The Mediterranean Zone is here to set you right. Barry Sears, Ph.D., revolutionized dieting with his 1995 bestseller *The Zone*. In the two decades since its publication, its principles of eating for optimal hormonal balance have become the standard by which diets are measured. Now, in *The Mediterranean Zone*, you'll learn how our modern American diet changes the inflammatory response inside our bodies—and how that increased inflammation puts you at risk for Alzheimer's, diabetes, cancer, and more. You'll learn which Mediterranean diet foods help put out the fire, reducing your risk of disease while stripping away pounds, boosting your energy, and even lightening your mood! And you'll learn how to turbocharge the Mediterranean diet to make it even more effective! Live your best life, in your best body, with *The Mediterranean Zone*. Praise for *The Mediterranean Zone* "I consider Dr. Barry Sears a mentor, innovator, and wise teacher. *The Mediterranean Zone* is a powerful new book that will help change your health quickly and permanently. It is not a fad, but a program that will get and keep you well for a very long time."—Daniel G. Amen, M.D., founder, Amen Clinics, Inc., and bestselling author of *Change Your Brain, Change Your Life* "The Mediterranean Zone is very readable for the layman, but it also contains some significant new science,

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particularly in the appendix, for those who really want to learn about the biochemistry of omega-3 fatty acids, polyphenols, and epigenetics. Dr. Sears has clarified many aspects for me regarding the resolution of inflammation. His discussion of eicosanoids and gene transcription factors remains the best I have read. Finally, the dietary circle of anti-inflammatory nutrition is completed by his superb discussion of the value of polyphenols in any diet, and in particular an anti-inflammatory diet. I remain extremely admiring of his ability to take such complicated science and put it in an understandable and useful form.”—Joseph C. Maroon, M.D., professor and vice chairman, Department of Neurological Surgery, Heindl Scholar in Neuroscience, University of Pittsburgh, and team neurosurgeon, Pittsburgh Steelers

Twelve years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted-and needed-to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life-and it worked. Now at the peak of health, Dr. Sears shares his program in PRIME-TIME HEALTH. This engaging and deeply informative book will motivate readers to make crucial behavior and lifestyle changes. Dr. Sears explores how to keep each body system healthy and delay those usual age-related changes. Written in Dr. Sears's wise, accessible, and entertaining voice, PRIME-TIME HEALTH is a practical program to help you live your best life possible-pain-free, disease-free, stress-free, and medication-free.

Gives expectant parents an overview of the options available, offering up-to-the-minute advice on such matters as physical and emotional preparation, the father's role, avoiding a cesarean birth, and other information

America's foremost childcare experts present a practical, appetizing, easy-to-follow eating plan for shaping children's tastes and metabolisms toward optimal health.

A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way

The Fussy Baby

Everything You Need to Know About Nursing Your Child from Birth Through Weaning

The Attachment Parenting Book

Revolutionary Life Plan to Put Your Body

Let Them Eat Dirt

What Every Parent Needs to Know About Early Detection, Treatment, Recovery, and Prevention

We all want to live as healthfully as possible. In *The Omega-3 Effect*, Dr. William Sears turns his attention to the critical role that omega-3s play in the body. Dr. Sears takes readers through each body system-including the brain, heart, joints, skin, and immune system-and demonstrates how omega-3s are essential to each. *The Omega-3 Effect* also offers tips on what foods and supplements readers should incorporate into their diet, as well as several delicious recipes. Written in the wise, accessible tone that has made his books beloved bestsellers, Dr. Sears offers a practical and science-based approach to living a more healthful life.

From America's most trusted name in pediatrics, a comprehensive guide to treating and preventing nasal allergies, asthma, food allergies and intolerances, and more. Allergies are one of the most common ailments, causing children

to miss school and parents to miss work. Left untreated or unresolved, stuffy noses, itchy skin, and irritated bellies can lead to chronic asthma, eczema, inflammatory bowel disease, and neurological disorders. Today's parents don't just want to treat their family's allergy symptoms; they want to eliminate allergies and prevent chronic and long-term health complications. The Sears show them how. Drs. Robert and William Sears present a science-based approach that has helped alleviate allergies in many of their patients, providing a plan not only for treatment, but also for prevention. A family-friendly resource, *The Allergy Book* offers all the reassurance and accessible, practical advice that parents need to resolve their children's allergies, now and throughout their lives.

The classic guide of the post-Dr. Spock generation has been revised to include the latest information on virtually every aspect of infant and baby care. *THE BABY BOOK* is unrivaled in its scope and authority, and presents a practical, contemporary approach to parenting that reflects the way we live today. Focusing on the essential needs of babies--eating, sleeping, development, health, and comfort--it addresses the questions of greatest concern to parents. The Seases acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. *THE BABY BOOK* is a rich and invaluable resource that will help you get the most out of parenting--for your child, for yourself, and for your entire family.

"Growing Together" charts baby's typical development by monthly chapters from birth to toddlerhood. Black & white and many color photos illustrate the growth of motor, language, social, and cognitive skills. Sears offers parents suggestions on helping baby reach his full developmental potential and attachment-style parenting.

HappyBaby

How to Bring Out the Best in Your High Need Child

Becoming a Father

How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior, and Health, and What You Can Do About It--Without Drugs

The Allergy Book

The Healthy Brain Book

A Total Health Program for Children Ages 6-12

The best of today's science-based nutrition and lifestyle research is finally available in one crystal-clear plan. All you need is five steps and five weeks. Maybe you've just received a wake-up call: your own health crisis, or a sick parent or friend. Or maybe you're just tired of feeling tired and sick of feeling sick. You don't need a diet plan. You need a health transformation--from the inside out. For more

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than 20 years, The Baby Book author William Sears's advice has been trusted by millions of parents across the country, and around the world. Now, along with his daughter Erin, a health coach and fitness instructor who went through her own transformation, losing 70 pounds and radically improving her health, Sears turns his science-based guidance to creating better health for everyone. The Dr. Sears T5 Wellness Plan is a book for all ages and all ailments. Decrease inflammation, protect your brain and heart, strengthen your gut, balance your hormones, and even make your own medicine. The Dr. Sears T5 Wellness Plan's five-step, five-week mind and body makeover—field-tested by the authors in their medical and health-coaching practices—changes your body's biochemistry to help you feel better, look better, and enjoy the New You! From its lively illustrations to motivating transformer testimonies, T5 is fun to read and fun to do—which means it's the program you'll stick with. Your mind and body will thank you. You Will Thrive on T5!

With warmth and wisdom, Dr. Sears, an eminent pediatrician and father of six, offers timeless advice that will show parents how to help their high-need child enjoy a more contented start in life. Includes information on how high-need babies, properly attended to, can give parents the best return on their investment of time and energy.

Internationally renowned family doctor William Sears and noted neurologist Vincent M. Fortanasce present an accessible, all-ages guide to optimum brain health, from treating depression, anxiety, and ADHD to preventing Alzheimer's and dementia, with or without medication. The brain is a complex organ, responsible for our thoughts, our feelings, our hopes and dreams. It's also vulnerable to a host of ailments that negatively impact quality of life, from disorders such as depression, anxiety, and ADHD that can strike at any time to illnesses of aging like Alzheimer's and dementia. The good news is, this diverse set of mental and emotional challenges all stem from the same cause: imbalance in the brain. And getting your brain back in balance—without medication, or in partnership with it—is easier than you think. Whether you're experiencing "normal" mental and emotional burnout or wrestling with diagnosed illness, The Healthy Brain Book can help you thrive. It explains:

- How what we think can change how well we think
- The role of inflammation in the brain, and how food and activity can reverse it
- What drugs enhance and suppress the brain's ability to heal itself
- Actionable advice to improve your memory, promote learning, and prevent common brain ailments
- How to personalize the book's tools for your unique brain

For more than 20 years, The Baby Book author William Sears' advice has been trusted by millions across the country, and around the world. Now, he and The Anti-Alzheimer's Prescription author Vincent M. Fortanasce have put together the essential guide to a clearer, calmer, and happier brain. Laced with relatable personal stories from family members and patients as well as detailed illustrations, The Healthy Brain Book weds Fortanasce's deep neurological and psychiatric expertise with Sears' sympathetic bedside manner and reader-friendly writing. Let The Healthy Brain Book help you,

safely and effectively, "think-change" your brain for a happier and healthier life.

The Sears Parenting Library's latest addition is an exploration of how nutrition affects the brains and behavior of youngsters. N.D.D., or Nutrition Deficit Disorder, as coined by Dr. Bill Sears, is based on the idea that if "you put junk food into a child's brain, you get back junk behavior and learning." Dr. Sears will explore the latest scientific research on the effects of nutrition on the brain. He will present case studies of his own patients who were diagnosed as "N.D.D." and showed major improvement in learning and behavior with diet change. Instead of simply medicating his patients, Dr. Sears looked for a better solution--in fact, with better nutrition, many of his patients were able to greatly reduce or even stop their medication. The book will also provide parents with a prescription, shopping and meal tips, and recipes to make implementing a healthier lifestyle that much easier. THE N.D.D. BOOK will be a must-have for all parents who want to help their children become healthier, happier, and better prepared to learn.

Saving Your Child from an Oversanitized World

Ten Ways to Get Your Family on the Right Nutritional Track

How to Have a Better-Behaved Child from Birth to Age Ten

A Parent's Guide to Baby's First Year

The Good Behaviour Book

Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, and Related Health and Behavioral Problems

The Fussy Baby Book

The Dr. Sears T5 Wellness Plan Transform Your Mind and Body, Five Changes in Five Weeks BenBella Books

When a family brings a new baby home, there are many changes. Older siblings may find it hard to understand the needs of the new baby, as well as the demands placed on mom and dad. Based on the attachment-parenting theories of the foremost authorities on parenting and childcare, William Sears, M.D., and Martha Sears, R.N., this book clearly explains baby's needs. The text emphasizes how siblings can be helpers to both baby and parents, while forging their own relationships with "their baby," and outlines the positive aspects of being an older girl or boy. Here is a warm, insightful book that will help the whole family joyously and lovingly welcome the newest member into their lives.

Ask yourself these life-changing questions: Why am I aging? Is it too late to reverse aging? What type of diet will increase my sexual energy and desire? What is my biological Internet? How do my hormones control aging? Can I make my hormones communicate more effectively? Do high-

carbohydrate diets accelerate aging? How does stress reduce brain longevity? What are passing grades on my Anti-Aging Report Card? Begin your Anti-Aging lifestyle today! The Anti-Aging Zone includes: A week of Anti-Aging Zone meals for males and females Anti-Aging Zone meals for the business traveler Anti-Aging Zone meals in fast-food restaurants A simple, at-home Anti-Aging Zone exercise program.

After being diagnosed with cancer, pediatrician William Sears created a comprehensive, science based, head-to-toe program for living a long, fit life--and it worked. Now at the peak of health, Dr. Sears shares his program. This book explores how to keep each body system healthy and delay those usual age-related changes. Written in Dr. Sears's wise, accessible, and entertaining voice, this is a practical program to help you live your best life possible--pain-free, disease-free, stress-free, and medication-free. --From publisher description.

What Parents Can Do to Help Kids Turn Out Well

An All-Ages Guide to a Calmer, Happier, Sharper You: A proven plan for managing anxiety, depression, and ADHD, and preventing and reversing dementia and Alzhei

The Dr. Sears T5 Wellness Plan

Dr. Sears' LEAN Kids

Eat Healthy, Feel Great

Unleash the Power of the World's Healthiest Diet for Superior Weight Loss, Health, and Longevity

The Omega-3 Effect

The "baby bible" of the post-Dr. Spock generation, already embraced by hundreds of thousands of American parents, has now been revised, expanded, and brought thoroughly up-to-date -- with the latest information on everything from diapering to day care, from midwifery to hospital birthing rooms, from postpartum nutrition to infant development. Dr. Bill and Martha Sears draw from their vast experience both as medical professionals and as the parents of eight children to provide comprehensive information on virtually every aspect of infant care. Working for the first time with their sons Dr. Bob and Dr. Jim, both pediatric specialists in their own right, the Seases have produced a completely updated guide that is unrivaled in its scope and authority. The Baby Book focuses on the essential needs of babies -- eating, sleeping, development, health, and comfort -- as it addresses the questions of greatest concern to today's parents. The Baby Book presents a practical, contemporary approach to parenting that reflects the way we live today. The Seases acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. The Baby Book is a rich and invaluable resource that will help you get the most out of parenting -- for your child, for yourself, and for your entire family. Book jacket.

In this book, the Seases bring the reason and common sense of their philosophy of parenting to the hurdles of raising the older child. Attachment parenting is not just for babies; as children grow, they need to expand the web of their secure attachments to friends, teachers,

community and the wider world. As there is no single plan for any one family, the Seares show a range of ways a parent can retain a child's trust and wield a positive influence as their child matures. By following the advice laid out in this book, parents can see that the bonds they have nurtured since infancy will provide the anchor that will ground their children through the challenging teen years to adulthood.

Part of a two-book debut of the Sears Children's Library picture books, this title provides helpful information for young children expecting a new brother and sister. Full color.

America's foremost baby and childcare experts, William Sears M.D. and Martha Sears, R.N., explain the benefits -- for both you and your child -- of connecting with your baby early. Would you and your baby both sleep better if you shared a bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment foster a child's eventual independence? Dr. Bill and Martha Sears -- the doctor-and-nurse, husband-and-wife team who coined the term "attachment parenting" -- answer these and many more questions in this practical, inspiring guide. Attachment parenting is a style of parenting that encourages a strong early attachment, and advocates parental responsiveness to babies' dependency needs. The Attachment Parenting Book clearly explains the six "Baby B's" that form the basis of this popular parenting style: Bonding, Breastfeeding, Babywearing, Bedding close to baby, Belief in the language value of baby's cry, and Beware of baby trainers. Here's all the information you need to achieve your most important goals as a new parent: to know your child, to help your child feel right, and to enjoy parenting.

How to Nurture & Enjoy Your Family

Baby on the Way

Everything You Need to Know to Have a Better-behaved Child--from Birth to Age Ten

Best Life

Prime-Time Health

The Birth Book

Everything You Need to Know to Have a Safe and Satisfying Birth

From the creators of the acclaimed Sears Parenting Library comes a handbook that gives kids the tools to make their own wise food choices. Includes quick and easy recipes. Full color.

"Parents of fussy or difficult children, take heart, best-selling childcare experts William and Martha Sears have written a book just for you. Drawing on more than twenty years of paediatric practice and their experiences with their own high-need children, they provide: Creative ways to soothe a fussy baby; Information on medical causes of infant fussiness--from infections to food sensitivities; Effective ways of coping with common high-need personality traits and behaviour; Proven strategies for discipline--getting connected to your child early, providing structure, setting limits, knowing when to say yes and when to say no; Tips on learning how to talk and listen. Real-life stories and advice from parents of high-need children In The Fussy Baby Book Dr. William and Martha Sears acknowledge the difficulties you face but show you how responsive parenting can turn these challenges into advantages

for both you and your child. The Seares prove that difficult children can provide the most rewarding parenting experiences of all"--Publisher's description.

Everything you need to know about getting your baby or toddler to sleep -- from America's foremost baby and childcare experts. Babies don't automatically know how to sleep through the night; they need to be taught. The Sears family has learned from decades of pediatric practice, bolstered by their own parenting experiences, that different babies have different nighttime temperaments -- and, of course, different families have different lifestyles. Instead of espousing the kind of "one method fits all" approach advocated in other baby sleep guides, the Sears family explains how you can create a sleep plan that suits the needs of your entire family. With a sharp focus on the practical tools and techniques, The Baby Sleep Book covers such topics as: The facts of infant sleep vs. adult sleep Figuring out where, when, and how your child sleeps best Fail-safe methods for soothing a crying infant How to make night nursing easier, and how to stop Nighttime fathering tips Whether co-sleeping makes sense for you Nap-time strategies that work Medical and physical causes of night waking Sleep habits in special situations such as traveling, teething, and illness

Disciplining children means equipping them with the tools to succeed in life. In this unique guide, seasoned parents of eight, Bill and Martha Sears draw on personal experience and their professional knowledge as childcare experts to provide an authoritative approach to a broad range of disciplinary issues and practices.

**Everything You Need to Know About the Super Nutrient for Living Longer, Happier, and Healthier
The Mediterranean Zone**

Everything You Need to Know About Your Baby from Birth to Age Two

Parenting Your High-Need Child from Birth to Five

Everything You Need to Know about Your Baby--from Birth to Age Two

The Natural Baby

The Vaccine Book offers parents a fair, impartial, fact-based resource from the most trusted name in pediatrics. Dr. Bob devotes each chapter in the book to a disease/vaccine pair and offers a comprehensive discussion of what the disease is, how common or rare it is, how serious or harmless it is, the ingredients of the vaccine, and any possible side effects from the vaccine. This completely revised edition offers: Updated information on each vaccine and disease More detail on vaccines' side effects Expanded discussions of combination vaccines A new section on

adult vaccines Additional options for alternative vaccine schedules A guide to Canadian vaccinations The Vaccine Book provides exactly the information parents want and need as they make their way through the vaccination maze.

Renowned pediatrician and bestselling author Dr. Robert Sears teams up with HappyBaby, the organic baby food company, in this invaluable guide to green parenting. HappyBaby shows new parents the healthiest, most eco-friendly way to raise their babies and protect them from environmental toxins. HappyBaby proves that green parenting is not only the very best approach when it comes to baby's health and happiness, it's remarkably easy to do—good for parents, good for the environment, and good for your precious child.

Offers guidance for new fathers by addressing common questions and concerns, including a father's role at night, balancing work and family, becoming a role model, and interacting with a newborn.

Best Life magazine empowers men to continually improve their physical, emotional and financial well-being to better enjoy the most rewarding years of their life.

The Successful Child

Everything You Need to Know About Your Child's Health

A Commonsense Guide to Understanding and Nurturing Your Baby

Beyond the Sling

Everything You Need to Know About Your Premature Baby from Birth to Age One

The Portable Pediatrician

Growing Together

A real-world guide to Attachment Parenting from the Big Bang Theory actress, neuroscientist, and mother Mayim Bialik—a book hailed by Dr. William Sears as “delightful” and by Ricki Lake as “a fantastic guide to birth and parenting that is packed with invaluable wisdom.” Mayim Bialik was the child star of the popular 1990s TV sitcom Blossom, but she definitely didn't follow the typical child-star trajectory. Instead, Mayim got her PhD in neuroscience from UCLA, married her college sweetheart, and had two kids. Mayim then did what many new moms do—she read a lot of books, talked with other parents, and she soon started questioning a lot of the conventional wisdom she heard about the “right” way to raise a child. That's when she turned to Attachment Parenting, a philosophy and lifestyle popularized by well-known physicians like Dr. William Sears and Dr. Jay Gordon. To Mayim, Attachment Parenting's natural, child-led approach not only felt right emotionally, it made sense intellectually and instinctually. She found that when she followed her intuition and relaxed into her role as a mother instead of following some rigid parenting script, both she and her children thrived. Taking into account her experience as a mother (and her scientific background), Mayim presents the major tenets of Attachment Parenting,

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including: Baby wearing: How to “wear” your baby in a sling or a wrap to foster a closer bond with your child—it’s possible even for mamas with bad backs (and with big babies)!

Breastfeeding: Learn how to listen to your baby’s cues rather than sticking to a rigid

schedule—and why people on airplanes love a nursing mother! Gentle discipline: How to get your child to behave without yelling, threats, or time-outs—it really is possible. Co-sleeping: How

to avoid “sleep training” and get a great night’s sleep for the whole family. Without the pretense and luxuries typical of so many Hollywood actors and parents, Mayim describes the beauty, simplicity, and purposefulness of Attachment Parenting, and how it’s become the guiding principle for her family. Much more than a simple how-to parenting guide, *Beyond the Sling* shows us that the core principles underlying Attachment Parenting are universal and can be appreciated no matter how you decide to raise your child.

Groundbreaking studies have shown that an absence of certain of microbes in children may be at the root of some of the most prevalent childhood ailments. Written by two experts in the field, this book takes on our oversanitized culture, from pregnancy to birth to early childhood, and explains how we can have a healthier relationship with our microbes.

This major new addition to the Sears Parenting Library is a comprehensive, authoritative, and reassuring guide for parents of premature babies. 20 line drawings & photos.

The Anti-Aging Zone

Making the Right Decision for Your Child

The Autism Book

The Zone

A Scientifically Proven Plan for Feeling Young and Living Longer

The Organic Guide to Baby's First 24 Months