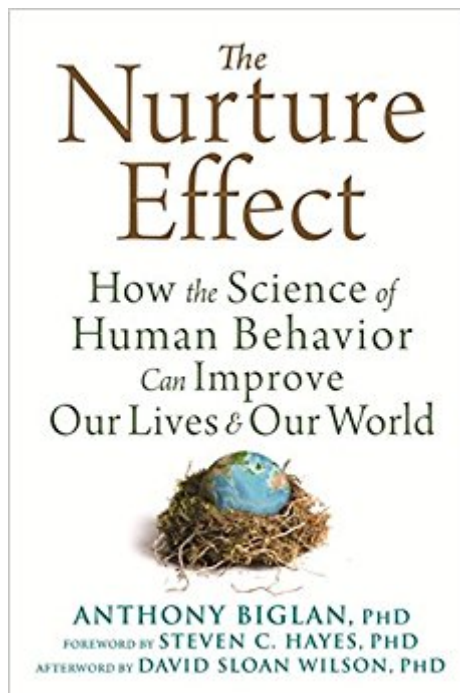




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# The Nurture Effect: How The Science Of Human Behavior Can Improve Our Lives And Our World



## Synopsis

A fascinating look at the evolution of behavioral science, the revolutionary way it's changing the way we live, and how nurturing environments can increase people's well-being in virtually every aspect of our society, from early childhood education to corporate practices. If you want to know how you can help create a better world, read this book. What if there were a way to prevent criminal behavior, mental illness, drug abuse, poverty, and violence? Written by behavioral scientist Tony Biglan, and based on his ongoing research at the Oregon Research Institute, *The Nurture Effect* offers evidence-based interventions that can prevent many of the psychological and behavioral problems that plague our society. For decades, behavioral scientists have investigated the role our environment plays in shaping who we are, and their research shows that we now have the power within our own hands to reduce violence, improve cognitive development in our children, increase levels of education and income, and even prevent future criminal behaviors. By cultivating a positive environment in all aspects of society—from the home, to the classroom, and beyond—we can ensure that young people arrive at adulthood with the skills, interests, assets, and habits needed to live healthy, happy, and productive lives. *The Nurture Effect* details over forty years of research in the behavioral sciences, as well as the author's own research. Biglan illustrates how his findings lay the framework for a model of societal change that has the potential to reverberate through all environments within society.

## Book Information

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## Customer Reviews

&#147;What a wonderful and truly beneficial gift that Anthony Biglan has given us!

Thought-provoking and inspirational, Biglan shares with us his wisdom and provides a compelling call to individuals, families, schools, communities, organizations, corporations, and policymakers to be part of creating nurturing environments. The Nurture Effect is a science-based prescription for creating a more health-enhancing society.Â Â Biglan concisely summarizes his hard-earned wisdom from a remarkable career as a clinician and scientist, his knowledge of diverse scientific fields, as well as his rich life experiences, including as husband, father, and grandfather.

Transformative and practical, it provides a guide for the foundation of a more caring and health-promoting society.Âçâ Â• &#151;Kelli A. Komro, PhD, professor of health outcomes and policy at the College of Medicine, associate director of the Institute for Child Health Policy, and Research Foundation Professor at the University of Florida&#147;Anthony BiglanÂçâ Âçs vast intelligence and scientific experience are brought together in The Nurture Effect to provide a vision, a road map, and a sense of optimism about solving the very real social problems facing our country. Evidence-based behavioral programs and policies provide the basis for AnthonyÂçâ Âçs argument that greater attention to nurturing, as opposed to coercion&#151;at home, in schools, with peer groups, within communities, and even as public policy&#151;will lead to healthier and better-adjusted youth and adults. The book is critically important as we consider how we are raising the current and next generations, and can serve to guide discussions on next steps in science, policy, and practice.Âçâ Â• &#151;Cheryl L. Perry, PhD, professor and regional dean at The University of Texas School of Public Health, Austin Regional Campus&#147;Anthony BiglanÂçâ Âçs latest book The Nurture Effect is a powerful reminder of the transformational impact a nurturing environment has on individualsÂçâ Âç well-being throughout their lives. In documenting many carefully selected examples of evidence-based interventions from early childhood and through subsequent stages of development, it makes an outstanding contribution to the field of prevention science. Biglan makes a compelling case for widely implementing scientifically supported interventions that create nurturing environments in our homes, schools and communities. When individuals develop the social and emotional competencies they need to do well, their lives are permanently transformed. This book challenges policy makers, professionals, and the community at large to think well beyond individual benefit, and consider that behavioral science knowledge can apply to entire populations. I unreservedly endorse this excellent and timely contribution.Âçâ Â• &#151;Matthew R. Sanders, PhD, professor of clinical psychology and director of the Parenting and Family Support Centre at the University of Queensland, as well as founder of the TripleÂ Â P &#150; Positive Parenting Program&#147;Read this book, please read this book!

• The nurture effect impacts us daily in our health, intelligence, behavior, emotions, work, and relationships. The daily nurture effect even codes our gene expression; something my scientific colleagues and I only began to suspect one or two decades ago, but have proof of now. • This book maps how we can intentionally nurture ourselves, our loved ones, our communities, and even our nations. All of this is based on rigorous practical science. If you want to improve the now and better the future, read this book and apply the nurture effect at home, at work or at school, and in your community. • Dennis D. Embry, PhD, president and senior scientist at PAXIS Institute; The Nurture Effect is a remarkably ambitious book that draws the blueprints for creating prosocial communities aiming to help people live healthier, value-directed, and enjoyable lives. Biglan explains how people can work together to reduce suffering and improve quality of living for each other, and supports these plans with reliable behavioral research. • The science of this book is captivating because Biglan expresses the ideas in an understandable and practical manner. • In other words, he simplifies the science of human behavior so you can use it to improve your own community. The Nurture Effect hits the ground running with clear, concise, well-stated facts about creating a social context for people to experience a life well-lived. Throughout the book, Biglan expands these ideas into the different branches of community, such as family, schools, work, peer-relations, and discusses how; when approached appropriately; they can make lasting positive contributions to individuals. The perspectives you gain from this book will not only assist you in helping your community to become stronger and healthier, but will also help you as an individual to experience those same positive outcomes. • D.J. Moran, PhD, founder of Pickslyde Consulting and the MidAmerican Psychological Institute; This marvelous book integrates the most compelling scientific knowledge about how we can improve the lives of citizens of this country with a bold call to action. Fundamentally, Anthony Biglan; a gifted and experienced behavioral scientist; challenges us to ask, • What kind of society do we want? How can we use what we know to create such a society? • His central thesis is that widely implementing what we have learned over decades in developing programs that nurture children, adolescents, parents and adults in families, in schools, and in the larger society; which he calls a revolution in behavioral science; will make a huge difference. • The book contains highly practical, specific recommendations for families, practitioners, and policy makers. Biglan rightly recognizes that to significantly change society for the better, we must address larger social forces; for example, the negative effects of poverty and economic inequality, or of marketing tobacco and alcohol to youth. Eminently readable, this book comprehensively reviews evidence based on a

lifetime of experience as a social scientist, and knits it together with a compelling agenda, that if enacted, could lead to a significant, positive transformation of our country. — William R. Beardslee, MD, director of the Baer Prevention Initiatives at Boston Children's Hospital, and Gardner-Monks Professor of child psychiatry at Harvard Medical School; The Nurture Effect is exciting because it is grounded in science but leads us well beyond the fragmented slivers in which scientific findings are often delivered. — Anthony Biglan persuades us that rather than focusing on preventing individual problems of family dysfunction, drug addiction, academic failure, child abuse, and even crime, we need to cut to the chase and attend to what all of these have in common. Biglan shows that poverty consistently makes it harder to help, and that nurture is so frequently missing. By integrating findings from the past fifty years in psychology, epidemiology, education, and neuroscience, he pulls out the common threads to show that it is possible to make families, schools, and the larger social context more nurturing, and ultimately to create the nurturing environments so vital to well-being and to preventing widespread harm. — Lisbeth B. Schorr, senior fellow at the Center for the Study of Social Policy, and coauthor of *Within Our Reach*; This work is Anthony Biglan's magnum opus. He has pulled together many ideas from multiple disciplinary domains. It is required reading for anyone who is serious about fixing the problems in our education system and alleviating poverty. — Anyone who liked David Brooks' *The Social Animal* will also like this. Although Biglan is a self-identified and proud behaviorist, this work shows his openness to other perspectives. I was especially happy to see his new nuanced view of the role of reinforcement in human behavior (pages 28-29). Intrinsic motivation is more powerful in the long term than extrinsic motivation. — Brian R. Flay, DPhil, professor of social and behavioral health sciences at Oregon State University, Corvallis, OR, and emeritus distinguished professor of public health and psychology at University of Illinois at Chicago, Chicago, IL; The author's engaging writing style enables readers to appreciate the elegance of applying knowledge based on rigorous research to develop and apply evidence-based interventions that prevent problems and promote well-being on a societal scale. — Marion S. Forgatch, PhD, senior scientist emerita at the Oregon Social Learning Center (OSLC), where she developed and tested programs for families with children at risk or referred for child adjustment problems and substance abuse — "The Nurture Effect is one of those rare books that draws from a lifetime of careful scientific study to provide clear prescriptions in language non-scientists can understand about how to make our world a better place. Pushing back against contemporary fatalism, Anthony Biglan shows us that we know more than ever about how to promote human flourishing. The problem is that we're not applying this

knowledge as we should. The Nurture Effect explains how we could change that, and, even more important, how you can help make the change happen. — Jacob S. Hacker, PhD, Stanley B. Resor Professor of political science, director at the Institution for Social and Policy Studies, and coauthor of Winner-Take-All Politics

Anthony Biglan, PhD, is a senior scientist at Oregon Research Institute, and a leading figure in the development of prevention science. His research over the past thirty years has helped to identify effective family, school, and community interventions to prevent the most common and costly problems of childhood and adolescence. He is a leader in efforts to use prevention science to build more nurturing families, schools, and communities throughout the world. Biglan lives in Eugene, OR. — Foreword writer Steven C. Hayes, PhD, is Nevada Foundation Professor in the department of psychology at the University of Nevada. An author of thirty-four books and more than 470 scientific articles, he has shown in his research how language and thought leads to human suffering. He cofounded acceptance and commitment therapy (ACT); a powerful therapy method that is useful in a wide variety of areas. Hayes has been president of several scientific societies and has received several national awards, including the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies. Afterword writer David Sloan Wilson, PhD, is president of the Evolution Institute and SUNY distinguished professor of biology and anthropology at Binghamton University. He applies evolutionary theory to all aspects of humanity, in addition to the biological world. His books include *Darwin's Cathedral*, *Evolution for Everyone: How Darwin's Theory Can Change the Way We Think About Our Lives*, *The Neighborhood Project*, and *Does Altruism Exist?*

Tony Biglan has been a bold and daring thinker for the past 40 years. This book reflects his optimism and determination to help improve the lives of all citizens in this country. Tempered by hard data from emerging fields of the behavioral sciences and evolutionary biology, this book offers a blueprint to achieve meaningful change for families, our public school systems, our public health practices, and our social policies. It is at once a critique of our culture, and a loving, compassionate, science-driven road map to help our country choose a path of caring and wisdom. This book will benefit parents, teachers, health care professionals, policy makers at all levels of government, and corporate leaders.

This is an important book that should be required reading for all public policy makers and should be

read by the general public--parents, husbands and wives, teachers, doctors--anyone who wants better relationships with those around them. The author's main point is that the science--yes, science--of human behavior has advanced over the past 50 years to the point where there are programs that can improve the quality of our lives and our relationship with the world around us. Particularly interesting are the chapters on nurturing families, creating nurturing environments in schools and dealing with peer problems in schools (otherwise known as bullying). Using the scientific gold standard, randomized controlled trials, programs have been created that work to bring about the desired effect. These work. They've been rigorously tested. Why would we not want to use these methods?

We liked this book so much, we purchased 4 copies to give to leaders working in the field with families, children, and adults: family drug court, residential treatment centers for women with children, and adult drug treatment centers, because everyone is looking for "what works" and evidence based practices. Ali Madigan, FAS Services, Oakland CA

This is an excellent book that starts to clarify what we (that's the whole human race) need to start doing to creating nurturing groups in workplaces, schools, communities and more. We need nurturing to gets us out of the fix we've made. It's a very readable book, but at the same time well done research is the backbone of the book. If we could get our policy makers to read this and use it... Wow! Oh well, one can dream. Do buy and read this book, then recommend to all, but especially the "movers and shakers" you know. Dr Biglan is on to something here, let's help get the word out.

This is a well written book with an important message to parents, community members and people working in public policy. We have the means to improve the lives of our citizens.

IT IS GOOD TO UNDERSTAND OUR FELLOW HUMAN BEINGS...

This book provides a scientifically grounded unifying framework for evolving our social systems and structures to support human potential. It is a must read for anyone interested in truly addressing the root causes of our social problems. Anthony Biglan presents proven solutions that are truly doable if we come together and become public champions of a world class prevention system.

Tony Biglan is a benign wizard and this is his tome for positive change in the world. The Nurture

Effect provides real solutions to real problems, and should be a required read for all citizens of the planet. Let's make the vision of a more nurturing world a reality, together.

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