



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

Dr. Lisa Miller

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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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