

## Love At Goon Park Harry Harlow And The Science Of Affection Deborah Blum

Through ten examples of ingenious experiments by some of psychology's most innovative thinkers, Lauren Slater traces the evolution of the century's most pressing concerns—free will, authoritarianism, conformity, and morality. Beginning with B. F. Skinner and the legend of a child raised in a box, Slater takes us from a deep empathy with Stanley Milgram's obedience subjects to a funny and disturbing re-creation of an experiment questioning the validity of psychiatric diagnosis. Previously described only in academic journals and textbooks, these often daring experiments have never before been narrated as stories, chock-full of plot, wit, personality, and theme.

From the bestselling author of *The Vagina Monologues*--a powerful, life-changing examination of abuse and atonement. "A triumph of artistry and empathy." --Naomi Klein "A crucial step forward . . . This is an urgently needed book right now." --Jane Fonda "Unflinching candor . . . immeasurable grace." --Anita Hill "Courageous, transformative, and yes--healing." --Anne Lamott "Unflinchingly increases our understanding of the human experience." --Michael Cunningham "[The Apology] will change how all of us think about our souls." --Johann Hari "Shatteringly brilliant." --The Times "The geometry of toxic masculinity is contained within these pages." --Marc Maron Like millions of women, Eve Ensler has been waiting much of her lifetime for an apology. Sexually and physically abused by her father, Eve has struggled her whole life from this betrayal, longing for an honest reckoning from a man who is long dead. After years of work as an anti-violence activist, she decided she would wait no longer; an apology could be imagined, by her, for her, to her. *The Apology*, written by Eve from her father's point of view in the words she longed to hear, attempts to transform the abuse she suffered with unflinching truthfulness, compassion, and an expansive vision for the future. Through *The Apology* Eve has set out to provide a new way for herself and a possible road for others, so that survivors of abuse may finally envision how to be free. She grapples with questions she has sought answers to since she first realized the impact of her father's abuse on her life: How do we offer a doorway rather than a locked cell? How do we move from humiliation to revelation, from curtailing behavior to changing it, from condemning perpetrators to calling them to reckoning? What will it take for abusers to genuinely apologize? Remarkable and original, *The Apology* is an acutely transformational look at how, from the wounds of sexual abuse, we can begin to re-emerge and heal. It is revolutionary, asking everything of each of us: courage, honesty, and forgiveness.

The controversy over the use of primates in research admits of no easy answers. We have all benefited from the medical discoveries of primate research--vaccines for polio, rubella, and hepatitis B are just a few. But we have also learned more in recent years about how intelligent apes and monkeys really are: they can speak to us with sign language, they can even play video games (and are as obsessed with the games as any human teenager). And activists have also uncovered widespread and unnecessarily callous treatment of animals by researchers (in 1982, a Silver Spring lab was charged with 17 counts of animal cruelty). It is a complex issue, made more difficult by the combative stance of both researchers and animal activists. In *The Monkey Wars*, Deborah Blum gives a human face to this often caustic debate--and an all-but-human face to the subjects of the struggle, the chimpanzees and monkeys themselves. Blum criss-crosses America to show us first hand the issues and personalities involved. She offers a wide-ranging, informative look at animal rights activists, now numbering some twelve million, from the moderate Animal Welfare Institute to the highly radical Animal Liberation Front (a group destructive enough to be placed on the FBI's terrorist list). And she interviews a wide variety of researchers, many forced to conduct their work protected by barbed wire and alarm systems, men and women for whom death threats and hate mail are common. She takes us to Roger Fouts's research center in Ellensburg, Washington, where we meet five chimpanzees trained in human sign language, and we visit LEMSIP, a research facility in New York State that has no barbed wire, no alarms--and no protesters chanting outside--because its director, Jan Moor-Jankowski, listens to activists with respect and treats his animals humanely. And along the way, Blum offers us insights into the many side-issues involved: the intense battle to win over school kids fought by both sides, and the danger of transplanting animal organs into humans. "As it stands now," Blum concludes, "the research community and its activist critics are like two different nations, nations locked in a long, bitter, seemingly intractable political standoff....But if you listen hard, there really are people on both sides willing to accept and work within the complex middle. When they can be freely heard, then we will have progressed to another place, beyond this time of hostilities." In *The Monkey Wars*, Deborah Blum gives these people their voice.

Go beyond the headlines and the hype to get the newest findings in the burgeoning field of gender studies. Drawing on disciplines that include evolutionary science, anthropology, animal behavior, neuroscience, psychology, and endocrinology, Deborah Blum explores matters ranging from the link between immunology and sex to male/female gossip styles. The results are intriguing, startling, and often very amusing. For instance, did you know that. . . • Male testosterone levels drop in happy marriages; scientists speculate that women may use monogamy to control male behavior • Young female children who are in day-care are apt to be more secure than those kept at home; young male children less so • Anthropologists classify Western societies as "mildly polygamous" The Los Angeles Times has called *Sex on the Brain* "superbly crafted science writing, graced by unusual compassion, wit, and intelligence, that forms an important addition to the literature of gender studies."

Report on research, using either cloth-covered or wire surrogate mothers, on the importance of physical and social contact in the development of monkey babies.

**NATIONAL BESTSELLER • NATIONAL BOOK CRITICS CIRCE WINNER** • With music pulsing on every page, this startling, exhilarating novel of self-destruction and redemption "features characters about whom you come to care deeply as you watch them doing things they shouldn't, acting gloriously, infuriatingly human" (The Chicago Tribune). Bennie is an aging former punk rocker and record executive. Sasha is the passionate, troubled young woman he employs. Here

Jennifer Egan brilliantly reveals their pasts, along with the inner lives of a host of other characters whose paths intersect with theirs. "Pitch perfect.... Darkly, rippingly funny.... Egan possesses a satirist's eye and a romance novelist's heart."

—The New York Times Book Review

"The Evolving Self" focuses upon the most basic and universal of psychological problems--the individual's effort to make sense of experience, to make meaning of life. According to Robert Kegan, meaning-making is a lifelong activity that begins in earliest infancy and continues to evolve through a series of stages encompassing childhood, adolescence, and adulthood. The Evolving Self describes this process of evolution in rich and human detail, concentrating especially on the internal experience of growth and transition, its costs and disruptions as well as its triumphs. At the heart of our meaning-making activity, the book suggests, is the drawing and redrawing of the distinction between "self" and "other." Using Piagetian theory in a creative new way to make sense of how we make sense of ourselves, Kegan shows that each meaning-making stage is a new solution to the lifelong tension between the universal human yearning to be connected, attached, and included, on the one hand, and to be distinct, independent, and autonomous on the other. "The Evolving Self" is the story of our continuing negotiation of this tension. It is a book that is theoretically daring enough to propose a reinterpretation of the Oedipus complex and clinically concerned enough to suggest a variety of fresh new ways to treat those psychological complaints that commonly arise in the course of development. Kegan is an irrepressible storyteller, an impassioned opponent of the health-and-illness approach to psychological distress, and a sturdy builder of psychological theory. His is an original and distinctive new voice in the growing discussion of human development across the life span.

Number one bestselling science writer Jonah Lehrer explores the "only happiness that lasts"—love—in a book that "is interesting on nearly every page" (David Brooks, The New York Times Book Review). Weaving together scientific studies from clinical psychologists, longitudinal studies of health and happiness, historical accounts and literary depictions, child-rearing manuals, and the language of online dating sites, Jonah Lehrer's A Book About Love plumbs the most mysterious, most formative, most important impulse governing our lives. Love confuses and compels us—and it can destroy and define us. It has inspired our greatest poetry, defined our societies and our beliefs, and governs our biology. From the way infants attach to their parents, to the way we fall in love with another person, to the way some find a love for God or their pets, to the way we remember and mourn love after it expires, this book focuses on research that attempts, even in glancing ways, to deal with the long-term and the everyday. The most dangerous myth of love is that it's easy, that we fall into the feeling and then the feeling takes care of itself. While we can easily measure the dopamine that causes the initial feelings of "falling" in love, the partnerships and devotions that last decades or longer remain a mystery. "Lehrer uses scores of detailed vignettes to traverse a complicated intellectual landscape, eventually arriving at modern theories of love...He is a talent" (USA TODAY), and A Book About Love decodes the set of skills necessary to cultivate a lifetime of love. Love, Lehrer argues, is not built solely on overwhelming passion, but, fascinatingly, on a set of skills to be cultivated over a lifetime.

A groundbreaking theory of personality. The author of the controversial book The Nurture Assumption tackles the biggest mystery in all of psychology: What makes people differ so much in personality and behavior? It can't just be "nature and nurture," because even identical twins who grow up together—same genes, same parents—have different personalities. And if psychologists can't explain why identical twins are different, they also can't explain why each of us differs from everyone else. Why no two people are alike. Harris turns out to be well suited for the role of detective—it isn't easy to pull the wool over her eyes. She rounds up the usual suspects and shows why none of the currently popular explanations for human differences—birth order effects, for example, or interactions between genes and environment—can be the perpetrator she is looking for. None of these theories can solve the mystery of human individuality. The search for clues carries Harris into some fascinating byways of science. The evidence she examines ranges from classic experiments in social psychology to cutting-edge research in neuroscience. She looks at studies of twins, research on autistic children, observations of chimpanzees, birds, and even ants. Her solution is a startlingly original one: the first completely new theory of personality since Freud's. Based on a principle of evolutionary psychology—the idea that the human mind is a toolbox of special-purpose devices—Harris's theory explains how attributes we all have in common can make us different. This is the story of a scientific quest, but it is also the personal story of a courageous and innovative woman who refused to be satisfied with "what everyone knows is true."

When social psychologist Stanley Milgram invited volunteers to take part in an experiment at Yale in the summer of 1961, none of the participants could have foreseen the worldwide sensation that the published results would cause. Milgram reported that fully 65 percent of the volunteers had repeatedly administered electric shocks of increasing strength to a man they believed to be in severe pain, even suffering a life-threatening heart condition, simply because an authority figure had told them to do so. Such behavior was linked to atrocities committed by ordinary people under the Nazi regime and immediately gripped the public imagination. The experiments remain a source of controversy and fascination more than fifty years later. In Behind the Shock Machine, psychologist and author Gina Perry unearths for the first time the full story of this controversial experiment and its startling repercussions. Interviewing the original participants—many of whom remain haunted to this day about what they did—and delving deep into Milgram's personal archive, she pieces together a more complex picture and much more troubling picture of these experiments than was originally presented by Milgram. Uncovering the details of the experiments leads her to question the validity of that 65 percent statistic and the claims that it revealed something essential about human nature. Fleshed out with dramatic transcripts of the tests themselves, the book puts a human face on the unwitting people who faced the moral test of the shock machine and offers a gripping, unforgettable tale of one man's ambition and an experiment that defined a generation.

A TRUE CRIME THRILLER THAT EXPLORES THE DARKEST REGIONS OF ROMANTIC INFATUATION. THE YEAR:

1969 THE SETTING: Berkeley, California THE STORY: Amidst the turmoil of student rebellion two loners encounter each other and turn an innocent flirtation into a dance of death. THE CHARACTERS: Prosenjit Poddar was the brilliant engineering student who wanted nothing more than to return to his native India a big success and to marry a woman of his parents' choosing. Tanya Tarasoff was the naive coed who just wanted somebody to love. And Larry Moore was the young psychologist who thought he recognized the warning signs that his patient was not just suffering from a jilted love affair... but was about to commit an act of murder. THE STAKES: In a culture clash that pits the traditional values of male-dominated India against free-love attitudes of Berkeley in the '60s, an impending tragedy unfolds. Soon Larry Moore finds himself face-to-face with the biggest dilemma of his career. What does a doctor do if he perceives his patient as mentally unstable and a threat to the well-being of another... but is bound by the oath of doctor-patient confidentiality not to warn the police? This true story tracks Moore's race against time to stop the inevitable. BAD KARMA is more than an anatomy of madness; it is also a chronicle of the events that would culminate in a landmark decision handed down by the California Supreme Court. Known simply as Tarasoff, this 1976 ruling would change the oath of confidentiality between therapist and patient, and establish the rule that a mental health professional has the legal duty to protect a threatened individual.

In more ways than we may sometimes care to acknowledge, the human being is just another primate--it is certainly only very rarely that researchers into cognition, emotion, personality, and behavior in our species and in other primates come together to compare notes and share insights. This book, one of the few comprehensive attempts at integrating behavioral research into human and nonhuman primates, does precisely that--and in doing so, offers a clear, in-depth look at the mutually enlightening work being done in psychology and primatology. Relying on theories of behavior derived from psychology rather than ecology or biological anthropology, the authors, internationally known experts in primatology and psychology, focus primarily on social processes in areas including aggression, conflict resolution, sexuality, attachment, parenting, social development and affiliation, cognitive development, social cognition, personality, emotions, vocal and nonvocal communication, cognitive neuroscience, and psychopathology. They show nonhuman primates to be far more complex, cognitively and emotionally, than was once supposed, with provocative implications for our understanding of supposedly unique human characteristics. Arguing that both human and nonhuman primates are distinctive for their wide range of context-sensitive behaviors, their work makes a powerful case for the future integration of human and primate behavioral research.

Equal parts true crime, twentieth-century history, and science thriller, *The Poisoner's Handbook* is "a vicious, page-turning story that reads more like Raymond Chandler than Madame Curie." —*The New York Observer* "The Poisoner's Handbook breathes deadly life into the Roaring Twenties." —*Financial Times* "Reads like science fiction, complete with suspense, mystery and foolhardy guys in lab coats tipping test tubes of mysterious chemicals into their own mouths." —NPR: What We're Reading A fascinating Jazz Age tale of chemistry and detection, poison and murder, *The Poisoner's Handbook* is a page-turning account of a forgotten era. In early twentieth-century New York, poisons offered an easy path to the perfect crime. Science had no place in the Tammany Hall-controlled coroner's office, and corruption ran rampant. However, with the appointment of chief medical examiner Charles Norris in 1918, the poison game changed forever. Together with toxicologist Alexander Gettler, the duo set the justice system on fire with their trailblazing scientific detective work, triumphing over seemingly unbeatable odds to become the pioneers of forensic chemistry and the gatekeepers of justice. In 2014, PBS's *AMERICAN EXPERIENCE* released a film based on *The Poisoner's Handbook*. Instructors - Electronic inspection copies are available or contact your local sales representative for an inspection copy of the print version. *Revisiting the Classic Studies* is a series of texts that introduces readers to the studies in psychology that changed the way we think about core topics in the discipline today. It provokes students to ask more interesting and challenging questions about the field by encouraging a deeper level of engagement both with the details of the studies themselves and with the nature of their contribution. Edited by leading scholars in their field and written by researchers at the cutting edge of these developments, the chapters in each text provide details of the original works and their theoretical and empirical impact, and then discuss the ways in which thinking and research has advanced in the years since the studies were conducted. *Brain and Behaviour: Revisiting the Classic Studies* traces 17 ground-breaking studies by researchers such as Gage, Luria, Sperry, and Tulving to re-examine and reflect on their findings and engage in a lively discussion of the subsequent work that they have inspired. Suitable for students on neuropsychology courses at all levels, as well as anyone with an enquiring mind.

From the bestselling author of *Oracle Night* and *The Book of Illusions*, an exhilarating, whirlwind tale of one man's accidental redemption Nathan Glass has come to Brooklyn to die. Divorced, estranged from his only daughter, the retired life insurance salesman seeks only solitude and anonymity. Then Nathan finds his long-lost nephew, Tom Wood, working in a local bookstore—a far cry from the brilliant academic career he'd begun when Nathan saw him last. Tom's boss is the charismatic Harry Brightman, whom fate has also brought to the "ancient kingdom of Brooklyn, New York." Through Tom and Harry, Nathan's world gradually broadens to include a new set of acquaintances—not to mention a stray relative or two—and leads him to a reckoning with his past. Among the many twists in the delicious plot are a scam involving a forgery of the first page of *The Scarlet Letter*, a disturbing revelation that takes place in a sperm bank, and an impossible, utopian dream of a rural refuge. Meanwhile, the wry and acerbic Nathan has undertaken something he calls *The Book of Human Folly*, in which he proposes "to set down in the simplest, clearest language possible an account of every blunder, every pratfall, every embarrassment, every idiocy, every foible, and every inane act I had committed during my long and checkered career as a man." But life takes over instead, and Nathan's despair is swept away as he finds himself more and more implicated in the joys and sorrows of others. *The Brooklyn Follies* is Paul Auster's warmest, most exuberant novel, a moving and unforgettable hymn to the glories and mysteries of ordinary human life.

In this meticulously researched and masterfully written book, Pulitzer Prize-winner Deborah Blum examines the history of love through the lens of its strangest unsung hero: a brilliant, fearless, alcoholic psychologist named Harry Frederick Harlow. Pursuing the idea that human affection could be understood, studied, even measured, Harlow (1905-1981) arrived at his conclusions by conducting research—sometimes beautiful, sometimes horrible—on the primates in his University of Wisconsin laboratory. Paradoxically, his darkest experiments may have the brightest legacy, for by studying "neglect" and its life-altering consequences, Harlow confirmed love's central role in shaping not only how we feel but also how we think. His work sparked a psychological revolution. The more children experience affection, he discovered, the more curious they become about the world: Love makes people smarter. The biography of both a man and an idea, *The Measure of Love* is a powerful and at times disturbing narrative that will forever alter our understanding of human relationships.

In this volume, distinguished therapists and clinicians offer a broad range of effective attachment-based interventions for children with a history of attachment difficulties and complex trauma. Stepping through attachment theory and the latest research in neuroscience, the contributors illustrate how the treatment of developmental trauma often requires implementing more than one clinical model. Including chapters on the practical application of dyadic developmental psychotherapy, mindfulness, theraplay, and EMDR, *Attachment Theory in Action* offers mental health professionals insights into helping even the most challenging patients.

The #1 New York Times Bestseller "An engaging look at the often head-scratching, frequently infuriating mating behaviors that shape our love lives." —*Refinery 29* A hilarious, thoughtful, and in-depth exploration of the pleasures and perils of modern romance from Aziz Ansari, the star of *Master of None* and one of this generation's sharpest comedic voices. At some point, every one of us embarks on a journey to find love. We meet people, date, get into and out of relationships, all with the hope of finding someone with whom we share a deep connection. This seems standard now, but it's wildly different from what people did even just decades ago. Single people today have more romantic options than at any point in human history. With technology, our abilities to connect with and sort through these options are staggering. So why are so many people frustrated? Some of our problems are unique to our time. "Why did this guy just text me an emoji of a pizza?" "Should I go out with this girl even though she listed Combos as one of her favorite snack foods? Combos?!" "My girlfriend just got a message from some dude named Nathan. Who's Nathan? Did he just send her a photo of his penis? Should I check just to be sure?" But the transformation of our romantic lives can't be explained by technology alone. In a short period of time, the whole culture of finding love has changed dramatically. A few decades ago, people would find a decent person who lived in their neighborhood. Their families would meet and, after deciding neither party seemed like a murderer, they would get married and soon have a kid, all by the time they were twenty-four. Today, people marry later than ever and spend years of their lives on a quest to find the perfect person, a soul mate. For years, Aziz Ansari has been aiming his comic insight at modern romance, but for *Modern Romance*, the book, he decided he needed to take things to another level. He teamed up with NYU sociologist Eric Klinenberg and designed a massive research project, including hundreds of interviews and focus groups conducted everywhere from Tokyo to Buenos Aires to Wichita. They analyzed behavioral data and surveys and created their own online research forum on Reddit, which drew thousands of messages. They enlisted the world's leading social scientists, including Andrew Cherlin, Eli Finkel, Helen Fisher, Sheena Iyengar, Barry Schwartz, Sherry Turkle, and Robb Willer. The result is unlike any social science or humor book we've seen before. In *Modern Romance*, Ansari combines his irreverent humor with cutting-edge social science to give us an unforgettable tour of our new romantic world.

A balanced, accessible discussion of whether and on what grounds animal research can be ethically justified. An estimated 100 million nonhuman vertebrates worldwide—including primates, dogs, cats, rabbits, hamsters, birds, rats, and mice—are bred, captured, or otherwise acquired every year for research purposes. Much of this research is seriously detrimental to the welfare of these animals, causing pain, distress, injury, or death. This book explores the ethical controversies that have arisen over animal research, examining closely the complex scientific, philosophical, moral, and legal issues involved. Defenders of animal research face a twofold challenge: they must make a compelling case for the unique benefits offered by animal research; and they must provide a rationale for why these benefits justify treating animal subjects in ways that would be unacceptable for human subjects. This challenge is at the heart of the book. Some contributors argue that it can be met fairly easily; others argue that it can never be met; still others argue that it can sometimes be met, although not necessarily easily. Their essays consider how moral theory can be brought to bear on the practical ethical questions raised by animal research, examine the new challenges raised by the emerging possibilities of biotechnology, and consider how to achieve a more productive dialogue on this polarizing subject. The book's careful blending of theoretical and practical considerations and its balanced arguments make it valuable for instructors as well as for scholars and practitioners.

\*\*\*WINNER OF THE MAN BOOKER PRIZE 2014\*\*\* Forever after, there were for them only two sorts of men: the men who were on the Line, and the rest of humanity, who were not. In the despair of a Japanese POW camp on the Burma Death Railway, surgeon Dorrigo Evans is haunted by his love affair with his uncle's young wife two years earlier. Struggling to save the men under his command from starvation, from cholera, from beatings, he receives a letter that will change his life forever. Hailed as a masterpiece, Richard Flanagan's epic novel tells the unforgettable story of one man's reckoning with the truth.

In the early twentieth century, affection between parents and their children was discouraged—psychologists thought it would create needy kids, and doctors thought it would spread infectious disease. It took a revolution in psychology to overturn these beliefs and prove that touch ensures emotional and intellectual health. In *Love at Goon Park*, Pulitzer Prize winner Deborah Blum charts this profound cultural shift by tracing the story of Harry Harlow—the man who studied

neglect and its life-altering consequences on primates in his lab. The biography of both a man and an idea, *Love at Goon Park* ultimately invites us to examine ourselves and the way we love.

When a new baby arrives among the Beng people of West Africa, they see it not as being born, but as being reincarnated after a rich life in a previous world. Far from being a *tabula rasa*, a Beng infant is thought to begin its life filled with spiritual knowledge. How do these beliefs affect the way the Beng rear their children? In this unique and engaging ethnography of babies, Alma Gottlieb explores how religious ideology affects every aspect of Beng childrearing practices—from bathing infants to protecting them from disease to teaching them how to crawl and walk—and how widespread poverty limits these practices. A mother of two, Gottlieb includes moving discussions of how her experiences among the Beng changed the way she saw her own parenting. Throughout the book she also draws telling comparisons between Beng and Euro-American parenting, bringing home just how deeply culture matters to the way we all rear our children. All parents and anyone interested in the place of culture in the lives of infants, and vice versa, will enjoy *The Afterlife Is Where We Come From*. "This wonderfully reflective text should provide the impetus for formulating research possibilities about infancy and toddlerhood for this century." — Caren J. Frost, *Medical Anthropology Quarterly* "Alma Gottlieb's careful and thought-provoking account of infancy sheds spectacular light upon a much neglected topic. . . . [It] makes a strong case for the central place of babies in anthropological accounts of religion. Gottlieb's remarkably rich account, delivered after a long and reflective period of gestation, deserves a wide audience across a range of disciplines."—Anthony Simpson, *Critique of Anthropology*

In 2009, Marc Bekoff was asked to write on animal emotions for *Psychology Today*. Some 500 popular, jargon-free essays later, the field of anthrozoology — the study of human-animal relationships — has grown exponentially, as have scientific data showing how smart and emotional nonhuman animals are. Here Bekoff offers selected essays that showcase the fascinating cognitive abilities of other animals as well as their empathy, compassion, grief, humor, joy, and love. Humpback whales protect gray whales from orca attacks, combat dogs and other animals suffer from PTSD, and chickens, rats, and mice display empathy. This collection is both an updated sequel to Bekoff's popular book *The Emotional Lives of Animals* and a call to begin the important work of "rewilding" ourselves and changing the way we treat other animals.

This guide offers practical tips on science writing - from investigative reporting to pitching ideas to magazine editors. Some of the best known science writers in the US share their hard earned knowledge on how they do their job.

A fascinating account of the controversial psychologist who revolutionized the study of love recalls his early experiments with primates to measure "affection" as well as his later work. 30,000 first printing.

*Why Love Matters* explains why loving relationships are essential to brain development in the early years, and how these early interactions can have lasting consequences for future emotional and physical health. This second edition follows on from the success of the first, updating the scientific research, covering recent findings in genetics and the mind/body connection, and including a new chapter highlighting our growing understanding of the part also played by pregnancy in shaping a baby's future emotional and physical well-being. Sue Gerhardt focuses in particular on the wide-ranging effects of early stress on a baby or toddler's developing nervous system. When things go wrong with relationships in early life, the dependent child has to adapt; what we now know is that his or her brain adapts too. The brain's emotion and immune systems are particularly affected by early stress and can become less effective. This makes the child more vulnerable to a range of later difficulties such as depression, anti-social behaviour, addictions or anorexia, as well as physical illness. *Why Love Matters* is an accessible, lively, account of the latest findings in neuroscience, developmental psychology and neurobiology – research which matters to us all. It is an invaluable and hugely popular guide for parents and professionals alike.

A New York Times Notable Book The inspiration for PBS's AMERICAN EXPERIENCE film *The Poison Squad*. From Pulitzer Prize winner and New York Times bestselling author Deborah Blum, the dramatic true story of how food was made safe in the United States and the heroes, led by the inimitable Dr. Harvey Washington Wiley, who fought for change By the end of nineteenth century, food was dangerous. Lethal, even. "Milk" might contain formaldehyde, most often used to embalm corpses. Decaying meat was preserved with both salicylic acid, a pharmaceutical chemical, and borax, a compound first identified as a cleaning product. This was not by accident; food manufacturers had rushed to embrace the rise of industrial chemistry, and were knowingly selling harmful products. Unchecked by government regulation, basic safety, or even labelling requirements, they put profit before the health of their customers. By some estimates, in New York City alone, thousands of children were killed by "embalmed milk" every year. Citizens--activists, journalists, scientists, and women's groups--began agitating for change. But even as protective measures were enacted in Europe, American corporations blocked even modest regulations. Then, in 1883, Dr. Harvey Washington Wiley, a chemistry professor from Purdue University, was named chief chemist of the agriculture department, and the agency began methodically investigating food and drink fraud, even conducting shocking human tests on groups of young men who came to be known as, "The Poison Squad." Over the next thirty years, a titanic struggle took place, with the courageous and fascinating Dr. Wiley campaigning indefatigably for food safety and consumer protection. Together with a gallant cast, including the muckraking reporter Upton Sinclair, whose fiction revealed the horrific truth about the Chicago stockyards; Fannie Farmer, then the most famous cookbook author in the country; and Henry J. Heinz, one of the few food producers who actively advocated for pure food, Dr. Wiley changed history. When the landmark 1906 Food and Drug Act was finally passed, it was known across the land, as "Dr. Wiley's Law." Blum brings to life this timeless and hugely satisfying "David and Goliath" tale with righteous verve and style, driving home the moral imperative of confronting corporate greed and government corruption with a bracing clarity, which speaks resoundingly to the enormous social and political challenges we face today.

We are out of touch. Many people fear that we are trapped inside our screens, becoming less in tune with our bodies and losing our connection to the physical world. But the sense of touch has been undervalued since long before the days of digital isolation. Because of deeply rooted beliefs that favor the cerebral over the corporeal, touch is maligned as dirty or sentimental, in contrast with supposedly more elevated modes of perceiving the world. *How to Feel* explores the scientific, physical, emotional, and cultural aspects of touch, reconnecting us to what is arguably our most important sense. Sushma Subramanian introduces readers to the scientists whose groundbreaking research is underscoring the role of touch in our lives. Through vivid individual stories—a man who lost his sense of touch in his late teens, a woman who experiences touch-emotion synesthesia, her own efforts to become less touch averse—Subramanian explains the science of the somatosensory system and our philosophical beliefs about it. She visits labs that are shaping the textures of objects we use every day, from cereal to synthetic fabrics. The book highlights the growing field of haptics, which is trying to incorporate tactile interactions into devices such as phones that touch us back and prosthetic limbs that can feel. *How to Feel* offers a new appreciation for a vital but misunderstood sense and how we can use it to live more fully.

“Dray captures the genius and ingenuity of Franklin’s scientific thinking and then does something even more fascinating: He shows how science shaped his diplomacy, politics, and Enlightenment philosophy.” –Walter Isaacson, author of *Benjamin Franklin: An American Life* Today we think of Benjamin Franklin as a founder of American independence who also dabbled in science. But in Franklin’s day, the era of Enlightenment, long before he was an eminent statesman, he was famous for his revolutionary scientific work. Pulitzer Prize finalist Philip Dray uses the evolution of Franklin’s scientific curiosity and empirical thinking as a metaphor for America’s struggle to establish its fundamental values. He recounts how Franklin unlocked one of the greatest natural mysteries of his day, the seemingly unknowable powers of lightning and electricity. Rich in historical detail and based on numerous primary sources, *Stealing God’s Thunder* is a fascinating original look at one of our most beloved and complex founding fathers.

The latest scientific research on home birth, breastfeeding, sleep training, vaccines, and other key topics—to help parents make their own best-informed decisions. In the era of questionable Internet “facts” and parental oversharing, it’s more important than ever to find credible information on everything from prenatal vitamins to screen time. The good news is that parents and parents-to-be no longer need to rely on an opinionated mother-in-law about whether it’s OK to eat sushi in your third trimester, an old college roommate for sleep-training “rules,” or an online parenting group about how long you should breastfeed (there’s a vehement group for every opinion). Credible scientific studies are out there – and they’re “bottom-lined” in this book. The ultimate resource for today’s science-minded generation, *The Informed Parent* was written for readers who prefer facts to “friendly advice,” and who prefer to make up their own minds, based on the latest findings as well as their own personal preferences. Science writers and parents themselves, authors Tara Haelle and Emily Willingham have sifted through thousands of research studies on dozens of essential topics, and distill them in this essential and engaging book. Topics include: Home birth \* Labor induction \* Vaginal birth vs. Cesarean birth \* Circumcision \* Postpartum depression \* Breastfeeding \* Vaccines \* Sleep training \* Pacifiers \* SIDS \* Bed-sharing \* Potty training \* Childhood obesity \* Food sensitivities and allergies \* BPA and plastics \* GMOs vs. organic foods \* The hygiene hypothesis \* Spanking \* Daycare vs. other childcare options Full reference information for all citations in the book is available online at <http://theinformedparentbook.com/book-references/>

The Pulitzer Prize-winning author of *The Poison Squad* and *The Poisoner's Handbook* tells the amazing story of William James's quest for empirical evidence of the spirit world What if a world-renowned philosopher and professor of psychiatry at Harvard suddenly announced he believed in ghosts? At the close of the nineteenth century, the illustrious William James led a determined scientific investigation into “unexplainable” incidences of clairvoyance and ghostly visitations. James and a small group of eminent scientists staked their reputations, their careers, even their sanity on one of the most extraordinary quests ever undertaken: to empirically prove the existence of ghosts, spirits, and psychic phenomena. What they pursued—and what they found—raises questions as fascinating today as they were then.

Recounts the story of Harry Harlow, a psychologist who speculated, explained, and conducted experiments on whether “love” exists, using rhesus monkeys as subjects.

Playwright, author and activist Eve Ensler has devoted her life to the female body—how to talk about it, how to protect and value it. Yet she spent much of her life disassociated from her own body—a disconnection brought on by her father’s sexual abuse and her mother’s remoteness. “Because I did not, could not, inhabit my body or the Earth,” she writes, “I could not feel or know their pain.” But Ensler is shocked out of her distance. While working in the Congo, she is shattered to encounter the horrific rape and violence inflicted on the women there. Soon after, she is diagnosed with uterine cancer and, through months of harrowing treatment, she is forced to become first and foremost a body—pricked, punctured, cut, scanned. It is then that all distance is erased. As she connects her own illness to the devastation of the Earth, her life force to the resilience of humanity, she is finally, fully—and gratefully—joined to the body of the world. Unflinching, generous and inspiring, Ensler calls on us all to embody our connection to and responsibility for the world.

Presents an account of how the author, trained as a behavioral scientist in the 1960s, came to grapple with the uncomfortable justifications offered for the use of primates in research labs, and became one of the scientists at the forefront of the movement to end research experiments on primates.

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

Why do some people find and sustain hope during difficult circumstances, while others do not? What can we learn from those who do, and how is their example applicable to our own lives? *The Anatomy of Hope* is a journey of inspiring discovery, spanning some thirty years of Dr. Jerome Groopman’s practice, during which he encountered many extraordinary people and sought to answer these questions. This profound exploration begins when Groopman was a medical student, ignorant of the vital role of hope in patients’ lives—and it culminates in his remarkable quest to delineate a biology of hope. With appreciation for the human elements and the science, Groopman explains how to distinguish true hope from false hope—and how to gain an honest understanding of the reach and limits of this essential emotion.

The trouble started when Howard Sykes came home from school and found the “goon” sitting in the kitchen. He said he’d been sent by Archer. But who was Archer? It had to do with the 2,000 words that Howard’s author father had failed to deliver. It soon became clear not only

