



**Parenting the Whole Child: A Holistic Child Psychiatrist Offers Practical Wisdom on Behavior, Brain Health, Nutrition, Exercise, Family Life, Peer ... Life, Trauma, Medication, and More . . .**

*Scott M. Shannon*

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## **Understanding child health and wellness through a holistic lens.**

Complementing his book for professionals, here Scott Shannon equips parents and caregivers with a better way to understand the mental health challenges their children face, including how cutting-edge scientific concepts like epigenetics and neuroplasticity mean new hope for overcoming them. Readers learn how the most common stressors in kids?inadequate nutrition, unaddressed trauma, learning problems, family relationships, and more?are often at the root of behavioral and emotional issues, and what steps can be taken to restore health and wholeness, without immediately turning to medication. 2 illustrations

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