

# *The* Nurture Effect

*How the Science of*  
Human Behavior  
*Can Improve*  
Our Lives & Our World



**ANTHONY BIGLAN, PhD**

FOREWORD BY **STEVEN C. HAYES, PhD**

AFTERWORD BY **DAVID SLOAN WILSON, PhD**

# The Nurture Effect

**Syed Ali, Margaret M. Chin**



## **The Nurture Effect:**

The Nurture Effect Anthony Biglan, 2015-03-01 For decades behavioral scientists have investigated the role our environment plays in shaping who we are Based on groundbreaking studies this book offers a fascinating look at the evolution of behavioral science the revolutionary ways 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

*The Nurture Effect* Anthony Biglan, 2016 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

**The Nurture Effect** Anthony Biglan, 2016-01-27 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

**The Peer Effect** Syed Ali, Margaret M. Chin, 2023-11-14 How the power of peers and peer culture shapes individual behavior and future success For decades parents across America have asked their kids If your friends jumped off a bridge would you The answer is Duh yes Peers as parents well know have a tremendous impact on who their kids are and what they will become And even while they insist otherwise parents know that they re largely powerless to change this But the effect of peers is not just a story about kids peers can also affect adult behavior they affect what we do and who we are well into old age Noted sociologists Syed Ali and Margaret M Chin call this the peer effect In their book they take readers on a tour of how our peers and the peer cultures they create shape our behavior in schools and the workplace Ali and Chin begin their look at the peer effect at the high school from which they both graduated New York City s prestigious Stuyvesant High School arguably the best public high school in the nation Through a fascinating and often humorous narrative they show how peers can influence each other in this case how highly motivated students can create a culture of influence to achieve success in learning and in admission to elite colleges They also show the many other ways that peers can influence one another beyond school performance from hookup culture to school bullying and youth suicide Ali and Chin are also interested in the extent to which the peer effect can last Through interviews with adult graduates of Stuyvesant they investigate the long lasting effects of high school peer culture They also examine the peer effect in post high school settings notably around workplace misconduct including the steroid culture in baseball and the use of excessive force by the police The Peer Effect ultimately offers ways to understand the power of peer influence and apply this understanding to resolving issues regarding schools college graduation rates workplace culture and police violence In the tradition of big idea books like The Tipping Point The Peer Effect will forever change the way we look at the world of human behavior

**Selfish Reasons to Have More Kids** Bryan Caplan, 2011-04-12 We ve needlessly turned parenting into an unpleasant chore Parents invest more time and money in their kids than ever but the shocking lesson of twin and adoption research is that upbringing is much less important than genetics in the long run These revelations have surprising implications for how we parent and how we spend time with our kids The big lesson Mold your kids less and enjoy your life more Your kids will still turn out fine Selfish Reasons to Have More Kids is a book of practical big ideas How can parents be happier What can they change and what do they need to just accept Which of their worries can parents safely forget Above all what is the right number of kids for you to have You ll never see kids or parenthood the same way again

*School & Society* James McKeen Cattell, Will Carson Ryan, Raymond Walters, 1929

*The Family Dynamic* Susan Dominus, 2025-05-06 What explains those rare families that boast multiple children who achieve extraordinary success An award winning New York Times journalist weaves story with science to explore the circumstances that set those families apart An Olympic athlete An award winning novelist A successful entrepreneur All raised under one roof What can we learn from those families whose children aim high and

succeed sometimes in widely varied fields Just as important What were the costs along the way and what can we glean from their travails and triumphs The acclaimed New York Times journalist Susan Dominus offers compelling profiles of six such families in search of the factors that led to their success was it an inherited quality a specific way of parenting the influence of a sibling or a twist of luck Inspired by the iconic Bront sisters whose remarkable literary success prompted endless speculation Dominus the mother of twin teenagers sought out contemporary high achieving families who shared intimate stories of their upbringing She introduces us to the Chens young parents who fled their country s one child policy to open a Chinese restaurant in Appalachia then sent four children to elite colleges and on to careers that give back in technology and medicine the Groffs whose claim to fame is not just an award winning novelist but an Olympic athlete and a notable entrepreneur the Wojcickis whose daughters made inroads as STEM pioneers in Silicon Valley and the Murguias who rose from exceptionally humble origins to become powerful jurists and civil rights champions Woven into these and other stories is an account of centuries of scientific research into the ongoing question of nature versus nurture Elegantly written and extensively researched *The Family Dynamic* is more than a checklist of how to s It s a deep and moving exploration of the complexity of family life and the rewards and burdens of ambition

### **Socially Engaged Art in Contemporary China**

Meiqin Wang,2019-03-04 This book provides an in depth and thematic analysis of socially engaged art in Mainland China exploring its critical responses to and creative interventions in China s top down pro urban and profit oriented socioeconomic transformations It focuses on the socially conscious practices of eight art professionals who assume the role of artist critic curator educator cultural entrepreneur and social activist among others as they strive to expose the injustice and inequality many Chinese people have suffered raise public awareness of pressing social and environmental problems and invent new ways and infrastructures to support various underprivileged social groups

*Growth, Employment, Inequality, and the Environment* A. Figueroa,2015-05-20

*Growth Employment Inequality and the Environment* deals with the fundamental economic problems of our time employment inequality the environment and quality of life These exciting new volumes are the first of their kind in which these problems are analyzed using a unified theory framework

*The Sage Encyclopedia of Multicultural Counseling, Social Justice, and Advocacy* Shannon B. Dermer,Jahaan R. Abdullah,2023-11-21

Since the late 1970s there has been an increase in the study of diversity inclusion race and ethnicity within the field of counseling The SAGE Encyclopedia of Multicultural Counseling Social Justice and Advocacy will comprehensively synthesize a wide range of terms concepts ideologies groups and organizations through a diverse lens This encyclopedia will include entries on a wide range of topics relative to multicultural counseling social justice and advocacy and the experiences of diverse groups The encyclopedia will consist of approximately 600 signed entries arranged alphabetically within four volumes

**The Power of Positive Parenting** Matthew R. Sanders,Trevor G. Mazzucchelli,2018

Safe nurturing and positive parent child interactions lay the foundations for healthy child development How children are raised in their early years and beyond affects many

different aspects of their lives including brain development language social skills emotional regulation mental and physical health health risk behavior and the capacity to cope with a spectrum of major life events As such parenting is the most important potentially modifiable target of preventive intervention The Power of Positive Parenting provides an in depth description of Triple P one of the most extensively studied parenting programs in the world backed by more than 30 years of ongoing research Triple P has its origins in social learning theory and the principles of behavior cognitive and affective change and its aim is to prevent severe behavioral emotional and developmental problems in children and adolescents by enhancing the knowledge skills and confidence of parents Triple P incorporates five levels of intervention on a tiered continuum of increasing strength for parents of children from birth to age 16 The programs comprising the Triple P system are designed to create a family friendly environment that better supports parents with a range of programs tailored to their differing needs This volume draws on the editors experience of developing Triple P and chapters address every aspect of the system as well as how it can be applied to a diverse range of child and parent problems in different age groups and cultural contexts

**Being Well-Born: An Introduction to Eugenics** Michael F. Guyer, 2021-04-26 In Being Well Born An Introduction to Eugenics Michael F Guyer explores the controversial and often contentious concept of eugenics tracing its historical roots and examining its implications for society Employing a meticulous historical analysis combined with engaging prose Guyer elucidates the ethical dilemmas and scientific theories that have shaped eugenic thought The book situates eugenics within the broader contexts of social Darwinism and public health movements presenting a critical evaluation of the ideologies that have sought to define and control human reproduction and genetics throughout history Michael F Guyer a prominent figure in the discourse surrounding bioethics and social policy draws upon his extensive background in sociology and history to provide a nuanced perspective on the eugenics movement His scholarly work reflects a profound interest in the intersection of genetics social justice and ethical responsibility likely influenced by the contentious debates surrounding genetic engineering and reproductive rights that continue to persist in contemporary society I highly recommend Being Well Born to anyone interested in the ethics of genetics sociology and the impact of historical ideologies on modern debates Guyer s comprehensive examination serves as both an academic resource and a thought provoking guide for readers seeking to understand the complexities of eugenics and its lasting legacy

**The Mindful School** Patricia A. Jennings, Anthony A. DeMauro, Polina P. Mischenko, 2019-07-26 Where are we now Where are we going preparing our students for an uncertain future Patricia A Jennings Anthony A DeMauro and Polina P Mischenko A selective review of mindfulness training programs for children and adolescents in school settings Rebecca N Baelen Michael V Esposito and Brian M Galla Turn and listen strengthening compassion and leadership in the adult community in schools Pamela Seigle Chip Wood and Lisa Sankowski Modeling mindfulness principal leadership and development for personal and organizational growth Eleanor Drago Severson and Jessica Blum DeStefano Embodied teacher mindfulness in the classroom the calm clear kind framework Cynthia Taylor

Patricia A Jennings Alexis Harris Deborah L Schussler and Robert W Roeser Cultivating passion for practicing and teaching mindfulness a multiple case study of compassionate school project teachers Polina P Mischenko and Patricia A Jennings The school counselor change agent and collaborator for holistic student well being Rebecca L Tadlock Marlo and Meghan Damler Creating mindful and compassionate schools including parents as partners J Douglas Coatsworth Melissa Ward George and Aimee Kleisner Walker Finding peace in chaos mindfully prepared public school teachers Richard C Brown and Elizabeth Grassi Being in school transformation toward equity and social justice Velma L Cobb

**Effects of Early Life Stress on Neurodevelopment and Health: Bridging the Gap Between Human Clinical Studies and Animal Models** Arie Kaffman, Ryan Herringa, Mar Sanchez, 2021-12-01 [A Scientific Framework for Compassion and Social Justice](#) Jacob A. Sadavoy, Michelle L. Zube, 2021-07-21 A Scientific Framework for Compassion and Social Justice provides readers with an in depth understanding of the behavior analytic principles that maintain social justice issues and highlights behavior analytic principles that promote self awareness and compassion Expanding on the goals of the field of applied behavioral analysis ABA this collection of essays from subject matter experts in various fields combines personal experiences scientific explanations and effective strategies to promote a better existence a better world Chapters investigate the self imposed barriers that contribute to human suffering and offer scientific explanations as to how the environment can systematically be shaped and generate a sociocultural system that promotes harmony equality fulfilment and love The goal of this text is to help the reader focus overwhelming feelings of confusion and upheaval into action and to make a stand for social justice while mobilizing others to take value based actions The lifelong benefit of these essays extends beyond ABA practitioners to readers in gender studies diversity studies education public health and other mental health fields

**The Philosophical Bases of Education** Robert Robertson Rusk, 1929 *Developmental Psychopathology* Jim Stevenson, 2023-11-16 This book addresses the question of whether or not behavioural differences between children can be most appropriately characterised by dimensions of psychological problems or by categorical diagnoses It describes the concepts and methods that have been developed and applied within developmental psychopathology using this dimensional approach The book reviews evidence on the interplay between genes and the environment in influencing internalising problems externalising problems Attention Deficit Hyperactivity Disorder ADHD and Autism Spectrum Disorder ASD and on the hierarchical factor structure underlying these behavioural dimensions It provides an appraisal of the state of knowledge on the longer term sequelae of these problems and on the efficacy of treatments that have been developed for them Key areas of coverage include Multivariate data analytic methods for investigating behavioural differences e g path analysis cluster analysis structural equation modelling network analysis and their associated theoretical frameworks e g hierarchical factor models Methods to investigate the biology of behavioural differences e g quantitative and molecular genetics epigenetics and brain imaging The design of research studies that can test most directly for causality i e randomised controlled trials and others that can

estimate plausible causal relationships from associations and correlations Reviews of studies that have applied these methods to understand the developmental course of internalising and externalising behaviours and the neurodevelopmental problems of Attention Deficit Hyperactivity Disorder ADHD and Autism Spectrum Disorder ASD Developmental Psychopathology is an essential reference for researchers professors and graduate students as well as clinicians and other professionals in developmental psychology clinical child and school psychology child and adolescent psychiatry paediatrics clinical social work public health educational psychology and all related disciplines

*The Sociology of Childhood* William A. Corsaro, Judson G. Everitt, 2024-02-20 This sixth edition of *The Sociology of Childhood* like the first five editions published in 1997 2005 2011 2015 and 2018 is about children and childhood from a sociological perspective A major change in this edition is Judson Everitt joins William Corsaro as second author This edition like earlier ones brings together many of Corsaro's ideas and experiences gained from his research and teaching in this area over the past 50 years Everitt brings special expertise in the sociology of education along with the social problems of children and youth Sociology has now established a tradition for studying children and childhood although still understudied these are no longer relegated to the margins of the field There are now in addition to the *Sociology of Childhood* other basic texts in sociology on children and childhood and a growing number of courses on the sociology of childhood are now offered at colleges and universities Important theoretical and empirical work has been done by many scholars who advocate the conceptual autonomy of children and childhood Alanen 2009 Alanen et al 2015 Boocock Bragg Corsaro 2003 Gabriel 2017 James et al 1998 Lee 2001 Leonard 2015 Mayall 2002 McNamee 2016 Prout 2005 Qvortrup 2009 Thorne 1987 Wells 2021 Wyness 2018 Their work focuses on children as the basic units and categories of study Children and childhood become the center of analysis they are no longer linked to other categories such as families or schools upon which they are supposedly dependent Qvortrup 1994a 2009 In addition we have seen substantial growth in membership in the research section of Sociology of Children and Youth in the American Sociological Association and in the thematic group on Sociology of Childhood in the International Sociological Association

*After the Cradle Falls* Melissa Jonson-Reid, Brett Drake, 2018 This book integrates examples from folklore songs and news articles with strong attention to empirical research to create an accessible and engaging work intended to provoke the reader to think about how to address the issue of child abuse and neglect in America

**The Effects of Music on Cognition and Action** Marta Olivetti Belardinelli, Franco Delogu, Elvira Brattico, Cunmei Jiang, 2022-03-18



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