



Raising Children Who Soar: A Guide to Healthy Risk-Taking in an Uncertain World

Susan Davis, Nancy Eppler-Wolff

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How can we keep children safe in an uncertain world, but also raise them to be confident in taking the healthy, emotional risks necessary to succeed in life? The authors of this unique book—two clinical psychologists, who are also mothers—provide essential guidance for parents and teachers. They explain, step-by-step, how to help children become successful risk-takers: ready to leap at life’s opportunities and triumph over setbacks along the way. With stories based on the diverse families from their practice—from parents afraid to let their rambunctious daughter out of sight, to those who fear their shy son may lose opportunities to connect at home and school—they offer real-world scenarios with realistic solutions. Readers will find helpful checklists, self-reflection exercises, and other resources in this authoritative book.

Susan Davis, Ph.D. is a clinical psychologist in private practice and a consulting psychologist at the Saul and Carole Zabar Nursery School in New York City. She is also a staff psychologist and Assistant Professor at Montefiore Medical Center of the Albert Einstein College of Medicine. **Nancy Eppler-Wolff**, Ph.D. is a clinical psychologist and psychoanalyst in private practice. She is an Honorary Adjunct Assistant Professor and Clinical Supervisor at Teachers College, Columbia University and an Adjunct Assistant Professor and Clinical Supervisor at The Derner Institute at Adelphi University.

“Susan Davis and Nancy Eppler-Wolff have made a major breakthrough in our understanding of the developmental ingredients of a healthy childhood. I recommend *Raising Children Who Soar* to anyone who cares about helping children flourish.”

—**Daniel Goleman**, author of *Emotional Intelligence*

“This is a book filled with wise council, thoughtful and practical guidelines, and resources for parents and educators.”

—From the Foreword by **Jonathan Cohen**, President, Center for Social and Emotional Education

“*Raising Children Who Soar* is a moving, and comprehensive manual for parents and educators. Elaborating a unique relational and developmental perspective, this book teaches us to think of risk taking affirmatively so that children learn to soar.”

—**Lewis Aron**, Director, Postdoctoral Program in Psychotherapy & Psychoanalysis, New York University

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