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the field of cognitive psychology has expanded rapidly in recent years with experts in affective and cognitive neuroscience revealing more about mammalian brain function than ever before in contrast psychological problems such as adhd autism anxiety and depression are on the rise as are medical conditions such as diabetes obesity and autoimmune disorders why in this era of unprecedented scientific self knowledge does there seem to be so much uncertainty about what human beings need for optimal development evolution early experience and human development asserts that human development is being misshaped by government policies social practices and public beliefs that fail to consider basic human needs in this pioneering volume scientists from a range of disciplines theorize that the increase in conditions such as depression and obesity can be partially attributed to a disparity between the environments and conditions under which our mammalian brains currently develop and our evolutionary heritage for example healthy brain and emotional development depends to a significant extent upon caregiver availability and quality of care these include practices such as breastfeeding co sleeping and parental social support which have waned in modern society but nevertheless may be integral to healthy development as the authors argue without a more informed appreciation of the ideal conditions under which human brains minds develop and function human beings will continue to struggle with suboptimal mental and physical health and as problems emerge psychological treatments alone will not be effective the best approach is to recognize these needs at the outset so as to optimize child development evolution early experience and human development puts forth a logical empirically based argument regarding human mammalian needs for optimal development based on research from anthropology neurobiology animal science and human development the result is a unique exploration of evolutionary approaches to human behavior that will support the advancement of new policies new attitudes towards health and alterations in childcare practices that will better promote healthy human development

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life span human development is about the development of human beings from conception to death it highlights similarities as well as differences in developmental stages and it asks fundamental questions about why we humans develop as we do taking a unique integrated topical and chronological approach each chapter focuses on a topic or domain of development such as physical growth cognition or personality and traces developmental trends and influences in that domain from infancy to old age premium online teaching and learning tools are available on the mindtap platform learn more about the online tools at cengage.com/mindtap

key human development theories that continue to guide research and practice are examined in this engaging text ten key theories are grouped into three families those that emphasize biological systems environmental factors and those that reflect an interaction between the two this organization enhances students ability to evaluate compare and contrast theories both within and across families each family is introduced with an overview of their unique perspectives and the rationale for grouping them together discussion of each theory includes the cultural historical context during the theory's development its key concepts and ideas extensions of the theory in contemporary work an example showing a modification of the theory an application of how the theory is used to inform practice and an analysis of how the theory answers 6 basic questions that a human development theory should address each chapter includes an overview of the strengths and weaknesses of the theories to facilitate comparisons theories that have a clear lifespan focus along with cases and examples that address issues across the lifespan are included the second edition features a new chapter on bioecological theory that highlights the increased use of this theory in the development of family school and community intervention programs a new epilogue that examines the same case via each of the ten theories illustrating their similarities and differences and how these ideas cast a unique light on a common situation new opening cases that bring theory to life along with narrative that links the case to the chapter's concepts guiding questions that help students compare theoretical perspectives critical thinking questions that focus on using the theory to interpret the case and personal life experiences and recommended resources that extend students understanding more examples from various disciplines that address topics students are likely to encounter as professionals a new glossary that defines the boldfaced key terms enhanced website at psyypress.com/9781848726673 that provides instructors with a test bank power points discussion questions and activities additional cases with questions teaching notes for using

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how malleable is human nature can an individual really change in meaningful ways or are there immutable limits on the possibilities of human growth set in place by genes and early childhood experiences these questions touch our deepest political and personal concerns and have long been a matter of fierce debate in the behavioral sciences

our goal in writing this book was to fill a perceived gap in the early experience literature most existing volumes on early experience and development can be dichotomized on a basic versus an applied dimension volumes falling on the basic side are designed for researchers and theoreticians in the biomedical and behavioral sciences most existing basic volumes are either primarily based on infrahuman data or are based on single major human studies in going over these volumes we are not convinced of the generality of infrahuman data to the human level in addition we were concerned about the replicability of findings from single studies however well designed these studies were as a result the relevance of data from these volumes to applied human problems is quite limited in contrast volumes falling on the applied side are designed primarily for those involved in intervention work with infants and young children these applied books generally tend to be vague and nonempirical compilations of the views of experts and the collective wisdom of the ages rarely in applied volumes do we find conclusions based on solid consistent empirical findings

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