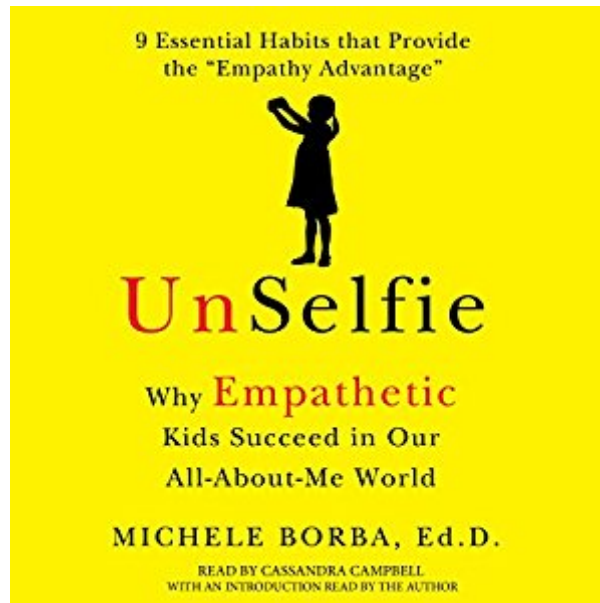




The book was found

# UnSelfie: Why Empathetic Kids Succeed In Our All-About-Me World



## Synopsis

Best-selling author Michele Borba offers a nine-step program to help parents cultivate empathy in children, from birth to young adulthood - and explains why developing a healthy sense of empathy is a key predictor of which kids will thrive and succeed in the future. In our hyperconnected, social-media-saturated society, many of us (especially young people) are so obsessed with snapping "selfies" and living virtual lives online that we're forgetting how to care for the people right in front of us IRL (that's "in real life"). The resulting Selfie Syndrome is leading to an empathy crisis among today's youth - teens today are 40 percent less empathetic than they were just a generation ago, and narcissism has increased 58 percent during that same period. But there is a solution: Studies show that the antidote to Selfie Syndrome is empathy. And the good news is that empathy can actually be cultivated in children, starting even before they can talk. In UnSelfie, esteemed educator Dr. Michele Borba presents new and compelling research that explains how to impart this key skill to kids - whether it's teaching toddlers how to comfort one another or giving teens the tools to stand up to bullying - and why empathy paves the way for future happiness and success. Caring about others isn't just about playing nice; it's a skill that's vital for children's mental health, leadership skills, and continued well-being, today and tomorrow. Dr. Borba's nine-step plan for raising successful, happy kids who also are kind, moral, courageous, and resilient provides a revolutionary new framework for learning empathy. Empathetic kids will thrive in the future, but the seeds of success can be planted today - one habit at a time.

## Book Information

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in Books > Parenting & Relationships > Parenting > School-Age Children #95 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

## Customer Reviews

Haven't finished reading it yet, but it can quickly and so far it is good.

The book has many compelling arguments for a much needed getting back to everyone being nice. And in order to be nice, we have to understand what it's like to be in others' shoes. While the book can be repetitive at times, there are some great tips for teachers and parents alike to model empathy and get you d children and adolescents back on track.

Every parent, grandparent, and educator should read this book.

logical but helpful

Great book. All parents should read this.

This is a great booiik with lots of good information. I used it in class, I'm an elementary guidance counselor. My daughtert is a 1st grade teacher and she also found this book helpful.

The challenge for any reader in opening Dr. Michele Borba's book " Unselfie " is having the ability to put it down. Be prepared to be captivated with her practical insights, empirical data and common sense approach in raising children to be kind, caring and empathetic individuals in our global community. In reading UnSelfie, Dr. Michele Borba has been able to answer the question many parents desire to know: "what do kids really need to be happy and successful?" Her research, passion and life experiences in reaching out to people throughout the world has given her the answer. The answer is not complicated to understand, but totally goes against a society that has become self absorbed! Her answer cannot be any more clear to the reader, it is EMPATHY, a quality that has to be taught. In this book, Dr. Borba has captured the essence of empathy. Through her many years of scientific research , she has come up with 9 essentials habits and many practical strategies to equip children with the tools to help them live a happy, successful life. She identifies it as the "Empathy Advantage". This book is not only for parents and educators, it is for young couples planning to enter parenthood, health care providers, social workers, grandparents and any other person who has the privilege in being an instrumental role model in a child's life. While reading this thought provoking and inspiring book, I concluded this book is not just about helping children to be empathetic individuals, it is also an opportunity for adults to reflect on whether or not they need to

consider if the Empathy Advantage could become more of an integral part in their own life. Empathy can be taught and it is never too late to learn!Terry Gill

very pleased

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Where, Why & How – of the Steps That Musicians & Bands Have to Take to Succeed in Music

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