



1113 Spruce Street  
Boulder, CO 80302  
www.sentientpublications.com  
contact@sentientpublications.com

Phone: 303-443-2188  
Fax: 303-381-2538

---

S e n t i e n t P u b l i c a t i o n s , L L C

## Quotations

### *Parenting for Peace* *Raising the Next Generation of Peacemakers* Marcy Axness, PhD

ISBN: 978-1-59181-176-3 • March 2012 • \$18.95 • paperback

---

"This book may have innocent little cookies on its cover, but it actually calls for a revolution." (p.312)

"This book you're reading is not about *changing* humanity, but merely about helping humanity to fulfill its native neurophysiological potential as well as its mandate—to evolve in order to thrive and flourish in new ways!" (p.316)

"Many fields of research tend to affirm that we humans are indeed at a crucial moment in our evolution, and our survival is going to depend upon our realizing, deeply, that our true security is rooted in connectedness, in our relationships, in healthy interdependence with our fellow humans and with our natural environment." (p.21)

"Vibrant connection is the shining polestar of parenting for peace, the central, essential foundation for a person's lifelong development as an agent of empathy, innovation and sustainability." (p.215)

"If you remember only one point from this book, this is the one: at every level and every stage of life, an organism is either in growth mode or in protection mode." (p.34)

"It seems crazy, but it's true: we typically breed our prize animals with more conscientious care than we breed ourselves." (p.39)

"The strongest psychosocial predictor of prematurity is *pregnancy-related fears and anxieties*." (p.111)

"Once you know these principles of prenatal development, you hold a powerful key to your child's lifelong emotional health and wellbeing. Generation Peace parents are mindful of the unceasing question being asked

by the baby in the womb—which is continually answered chemically and energetically via the mother's thoughts, feelings and behaviors: *Mommy, what kind of world am I coming into?*" (p.108)

"A father, too, experiences a cascade of hormonal changes during pregnancy that quietly echoes that of his partner." (p.114)

"To recap, the latest science of attachment and brain development reveals that it is in the context of the mother's gaze that the infant discovers who he is, and what the world is like, and fundamental aspects of brain circuitry wire up to match those impressions. It is this essential process that lies at the heart of parenting for peace." (p.219)

"If we distract a child away from possible *boredom* (the dirtiest word in our parenting culture) by plugging her into video entertainment [in the car], we deprive her of a regularly occurring, ideal opportunity to practice the important developmental task of learning to soothe and regulate her own fluctuating internal states of attention, interest, distress, etc. *This could not be more essential to her growing Gen Peace capacities!*" (P.266)

"The critical window of the months and years leading up to around the child's third birthday wires the social-emotional brain for optimal lifelong potential." (p.317)

"Relationship with a consistent, stable, attuned, loving adult, within a predictable, stable environment, is what builds a healthy brain and develops a successful human, period." (p.397)

"What you live, (s)he learns." (p.110)

"True discipline is ultimately self-discipline, and the more mastery we develop of our own inner being, the more harmonious family life will be." (p.271)

"A treacherous mistake in parenting for peace, made in our culture in epidemic proportions, is to 'drop' our teens and leave them to their own devices." (p.371)

"Long before I dreamed of the term...or the book...I discovered by living it that the miracle of parenting for peace is profoundly reciprocal: if we allow ourselves to fully enter that riotously flowing river of chaos, striving toward consciousness and connection, not only are our children raised into people of peace, we are also remade, reborn, rekindled by Life. It is the ultimate joy ride." (p.399)