



**tarcherperigee**

LEARN. CREATE. GROW.

**For Immediate Release:**  
August 2, 2016

**Publicity Contact: Kelli Daniel-Richards**  
kdanielrichards@penguinrandomhouse.com

“An insightful combination of ancient truths and modern brain science that can help us become wiser parents, raise healthier and happier kids, and create a better world.”

– David Lynch

---

# **DHARMA PARENTING**

*Understand Your Child's Brilliant Brain  
for Greater Happiness, Health, Success, and Fulfillment*

**By Dr. Robert Keith Wallace  
and Dr. Frederick Travis**

---

Parents often marvel at how differently each of their children operate: one child might learn quickly and forget quickly, while another learns slowly and forgets slowly; one kid might be hyperactive, while another is slow moving; and one may fall asleep quickly, only to awake in the night, while another takes hours to fall asleep.

In **DHARMA PARENTING: Understand Your Child's Brilliant Brain for Greater Happiness, Health, Success, and Fulfillment** (A TarcherPerigee paperback; on sale August 2, 2016), renowned scientists Dr. Robert Keith Wallace and Dr. Frederick Travis explain the reasons for these differences and use their groundbreaking scientific research to help parents ascertain their child's unique brain/body type. Drawing on the time-tested knowledge of these Ayurvedic types and combining it with the latest understanding of how the brain is shaped by natural maturation, Wallace and Travis show parents how to better understand their child's natural inclinations and corresponding strengths and weaknesses.

Once parents determine whether their child is a creative Vata, a passionate Pitta, or a steady Kapha, they can then learn which routines to follow, meals to prepare, and discipline to pursue for each child at every stage of development. Equally important is parents' assessment of their own Ayurvedic type, which also allows them to address their own unique needs and to better understand the dynamics of their relationships with their children.

Offering a wealth of methods and insights from both scientific research and successful, real-life parenting situations, **DHARMA PARENTING** provides actionable steps and practical advice for those seeking a happy and balanced lifestyle for all members of the family.

#### **ABOUT THE AUTHORS:**

**ROBERT KEITH WALLACE** is a pioneering researcher on the physiology of consciousness. His research has inspired hundreds of studies on the benefits of meditation and other mind-body techniques. Dr. Wallace's findings have been published in *Science*, *American Journal of Physiology*, and *Scientific American*. He received his BS in physics and his PhD in physiology from UCLA and conducted postgraduate research at Harvard University. Dr. Wallace is the founding president of Maharishi University of Management (MUM) in Fairfield, Iowa.

**FREDERICK TRAVIS** is a world-renowned neuroscientist who has discovered brain wave patterns in children and young people that correlate with greater moral reasoning, happiness, emotional stability, and academic performance. Dr. Travis has authored or coauthored 70 scientific papers, many published in leading peer-reviewed journals. Dr. Travis received his masters and PhD in psychology from Maharishi University of Management (MUM). After a two-year post-doctoral position at University of California at Davis, he returned to MUM to direct the EEG, Consciousness, and Cognition Lab.

#### **DHARMA PARENTING**

***Understand Your Child's Brilliant Brain for Greater Happiness, Health, Success, and Fulfillment***

A TarcherPerigee paperback | \$18.00 | 978-0-399-18500-7

On Sale: August 2, 2016

# ##