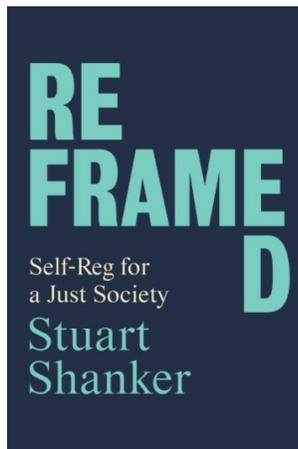


Grounding living and learning in self-regulation

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Dr. Shanker's New Book Brings Self-Reg Full Circle

For Stuart Shanker, the possibility of a more just and democratic society begins with how we see and nurture our children.



Shanker is renowned for using cutting-edge neuroscience to help teachers and parents understand and address the impact of excess stress on children's development, mood, behaviour and learning (and their own!)

In his new book, [*Reframed Self-Reg for a Just Society*](#), Shanker explores self-regulation in wider social and philosophical terms. Shanker's two previous books, [*Calm, Alert, and Learning*](#) and [*Self-Reg*](#), were written for educators and parents. *Reframed*, the final book in the trilogy Shanker first conceived of 20 years ago, was written for devotees of Self-Reg, a framework and method that has transformed the thinking and practice of educators, parents and mental health professionals

around the world.

Reframed takes readers deep into the unique science and conceptual distinctions that are the very lifeblood of Shanker Self-Reg®. The book is grounded in three core Self-Reg principles:

- There is no such thing as a bad, lazy, or stupid kid.
- All people can learn to self-regulate in ways that promote rather than constrict growth.
- There is no such thing as a "fixed outcome." Trajectories can always be changed, at any point in the lifespan, if only we have the right knowledge and tools.

Shanker argues that only a society that embraces these principles and strives to practice them can become a truly just society, one where helping children to realize their full potential is a way of life and not a platitude. The paradigm revolution presented in *Reframed* not only helps us understand the harrowing time we are living through, but also inspires a profound sense of hope for the future.

[*Reframed: Self-Reg for a Just Society*](#), by Stuart Shanker, University of Toronto Press 2020