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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