



# The Pains And Pleasures Of Parenthood

**James B. Allen, James E. Allen**



## **The Pains And Pleasures Of Parenthood:**

**The Pains and Pleasures of Parenthood** Lib U. Griffin,1993-04-01      **The Psychology of Happiness in the Modern World** James B. Allen,James E. Allen,2017-07-26

Written in a conversational style yet empirically grounded this book reviews what we know about the science of happiness It is the first text to closely examine the social psychological processes as well as individualistic approaches that affect happiness It explores how our social cultural and economic environment the personal choices we make and our evolutionary heritage shape our happiness Topics that are inherently interesting to students such as how income and unemployment marriage children and relationships health work religion economic growth and personal safety affect happiness are reviewed Research from psychology economics and sociology is examined providing an interdisciplinary perspective of this fascinating field Social issues such as income inequality and the effects of advertising materialism and competition are also explored Highlights include Covers both the socio structural issues and individual differences that impact our happiness providing the most comprehensive coverage of any text available Emphasizes a social psychological approach that considers factors such as income economics culture work materialism relationships religion and more often ignored in other texts Relates the material to students lives by posing questions throughout the text to further spark interest in the subject matter Highlights the latest research and the methodologies used to obtain it to help students better understand how to interpret results Reviews the evidence that shows that happiness can change over time and how to increase it Examines how positive emotions and how we interpret events impacts our well being along with empirically verified interventions and possible societal changes that can improve happiness Features a chapter on evolutionary psychology that suggests that there are limits to happiness but how it can be enhanced by pursuing behaviors associated with the successes of our ancestors Intersperses summary paragraphs throughout the chapters to facilitate learning Provides discussion questions activities assignments and suggested videos websites examples and additional readings in the instructor s resources to stimulate critical thinking and class discussion Features web based instructor s resources including PowerPoints sample syllabi lecture tips and suggestions and more Intended for as a text upper division courses in the psychology of happiness or positive psychology or as a supplement in courses in social or health psychology or psychology of adjustment

[The Routledge Handbook of the Philosophy of Childhood and Children](#) Anca Gheaus,Gideon Calder,Jurgen De Wispelaere,2018-07-20 Childhood looms large in our understanding of human life as a phase through which all adults have passed Childhood is foundational to the development of selfhood the formation of interests values and skills and to the lifespan as a whole Understanding what it is like to be a child and what differences childhood makes are thus essential for any broader understanding of the human condition The Routledge Handbook of the Philosophy of Childhood and Children is an outstanding reference source for the key topics problems and debates in this crucial and exciting field and is the first collection of its kind Comprising over thirty chapters by a team of international contributors the Handbook is divided into five

parts Being a child Childhood and moral status Parents and children Children in society Children and the state Questions covered include What is a child Is childhood a uniquely valuable state and if so why Can we generalize about the goods of childhood What rights do children have and are they different from adults rights What if anything gives people a right to parent What role if any ought biology to play in determining who has the right to parent a particular child What kind of rights can parents legitimately exercise over their children What roles do relationships with siblings and friends play in the shaping of childhoods How should we think about sexuality and disability in childhood and about racialised children How should society manage the education of children How are children s lives affected by being taken into social care The Routledge Handbook of the Philosophy of Childhood and Children is essential reading for students and researchers in philosophy of childhood political philosophy and ethics as well as those in related disciplines such as education psychology sociology social policy law social work youth work neuroscience and anthropology Evidence-Based Parenting Matilda Gosling,2024-01-25 So useful extremely well researched The Times A search for parenting returns over a billion unique hits on Google How can parents know which approaches actually work to support their children to be happy healthy and fulfilled while maintaining their own sanity Evidence Based Parenting draws directly on more than one thousand studies and indirectly on thousands more to create a single evidence base and reference manual for parents This vast knowledge base has been condensed for the first time into straightforward ideas to support children s relationships physical health learning and play behaviour and happiness and well being Parenting Steven Tuber,2016-06-24 Parenting Contemporary Clinical Perspectives offers fresh insights into treating parents and their children that highlight the evolving role of parents throughout the lifespan and amidst contemporary social pressure and change By drawing from their own personal experiences as well as those from clinical practice distinguished clinicians and analysts examine each phase of parenting through a variety of lenses to tackle our biggest parenting questions While we must be highly present for our children to help them develop a sense of self worth we must simultaneously step back if we want them to develop a sense of autonomy and individuality As our role as parent changes how can we maintain a sense of grace humor and perspective How can our work in practice inform and enrich our parenting and vice versa Thoughtful and engaging this volume is a valuable resource for family therapists and clinicians especially those who are parents themselves Handbook of Child Psychology and Developmental Science, Ecological Settings and Processes ,2015-03-31 The essential reference for human development theory updatedand reconceptualized The Handbook of Child Psychology and DevelopmentalScience a four volume reference is the field defining work towhich all others are compared First published in 1946 and now inits Seventh Edition the Handbook has long been consideredthe definitive guide to the field of developmental science Volume 4 Ecological Settings and Processes in DevelopmentalSystems is centrally concerned with the people conditions andevents outside individuals that affect children and theirdevelopment To understand children s development it is bothnecessary and desirable to embrace all of these social and physicalcontexts

Guided by the relational developmental systems metatheory the chapters in the volume are ordered them in a manner that begins with the near proximal contexts in which children find themselves and moving through to distal contexts that influence children in equally compelling if less immediately manifest ways The volume emphasizes that the child's environment is complex multi dimensional and structurally organized into interlinked contexts children actively contribute to their development the child and the environment are inextricably linked and contributions of both child and environment are essential to explain or understand development Understand the role of parents other family members peers and other adults teachers coaches mentors in a child's development Discover the key neighborhood community and institutional settings of human development Examine the role of activities work and media in child and adolescent development Learn about the role of medicine law government war and disaster culture and history in contributing to the processes of human development The scholarship within this volume and as well across the four volumes of this edition illustrate that developmental science is in the midst of a very exciting period There is a paradigm shift that involves increasingly greater understanding of how to describe explain and optimize the course of human life for diverse individuals living within diverse contexts This Handbook is the definitive reference for educators policy makers researchers students and practitioners in human development psychology sociology anthropology and neuroscience

The Psychology of Quality of Life M. Joseph Sirgy, 2021-06-09 The third thoroughly revised and enhanced edition of this bestselling book analyses and discusses the most up to date research on the psychology of quality of life The book is divided into six parts The introductory part lays the philosophical and academic foundation of much of the research on wellbeing and positive mental health showing the beneficial effects of happy people at work health and to society at large Part 2 effects of objective reality describes how sociocultural factors income factors other demographic factors and biological and health conditions affect wellbeing and positive mental health Part 3 focuses on subjective reality and discusses how individuals process information from their objective environment and how they manipulate this information that affects wellbeing and positive mental health Part 4 focuses on the psychology of quality of life specific to life domains while Part 5 reviews the research on special populations children women the elderly but also the disabled drug addicts prostitutes emergency personnel immigrants teachers and caregivers The final part of the book focuses on theories and models of wellbeing and positive mental health that integrate and unify disparate concepts and programs of research The book addresses the importance of the psychology of quality of life in the context of public policy and calls for a broadening of the approach in happiness research to incorporate other aspects of quality of life at the group community and societal levels It is of topical interest to academics students and researchers of quality of life wellbeing research happiness studies psychotherapy and social policy

*The Handbook of Social Psychology, 6th Edition* Daniel T. Gilbert, Susan T. Fiske, Eli J. Finkel, Wendy B. Mendes, 2025-05-19 Since 1954 The Handbook of Social Psychology has been the field's most authoritative reference work The 6th edition of this essential resource contains 50 new chapters on a wide

range of topics written by the world's leading experts Published in 2025 and available only in digital form The Handbook is free to read online and to download in Epub format or PDF at <https://www.thehsp.com> Editors Daniel T Gilbert Harvard University Susan T Fiske Princeton University Eli J Finkel Northwestern University Wendy B Mendes Yale University

**Prenatal Family Dynamics** Regina Kuersten-Hogan, James P. McHale, 2021-02-01 This book examines family interactions and relationships during the transition to parenthood It offers a unique integration of different lines of research on prenatal family dynamics contributed by leading family researchers in North America and Europe who use observational approaches to study emergent family processes The book explores prenatal dynamics in diverse families including adolescent couples same sex couples couples experiencing infertility and couples expecting their second child The introduction anchored in family systems and structural theories provides an overview of challenges couples commonly experience during the transition to parenthood and details prenatal family processes that predict postpartum adjustment in families This sets the stage for subsequent chapters by emphasizing unparalleled windows into prenatal family dynamics provided by direct observation Initial chapters focus on predictors of prenatal interactions and partners representations of parenthood Subsequent chapters describe original research on prebirth couple interactions and the coparenting relationship emerging during pregnancy The volume includes several studies that rely on innovative research designs using observations of simulated couple encounters with their newborn represented by a life sized infant doll The book concludes with a review of recent prenatal intervention programs designed to improve interpersonal and coparenting relationships of married and unmarried couples The volume offers recommendations for future research on prenatal family dynamics including suggestions for methodological advances exploration of prenatal risk factors expansion of conceptual models to incorporate culturally meaningful coparents besides mothers and fathers and further focus on prenatal intervention programs This book is an essential resource for researchers clinicians and professionals and graduate students in the fields of infant mental health early child development family studies pediatrics developmental psychology public health social work and early childhood education

The Oxford Handbook of Self-determination Theory Richard M. Ryan, 2023 Self Determination Theory SDT is a broad theory of psychological growth and wellness that has revolutionized how we think about human motivation Drawing on over four decades of evidence based research and application this handbook delivers a truly integrative volume with 57 chapters by the top researchers and experts within the field of SDT Edited by an SDT cofounder this handbook traces the theory's historical and scientific foundations and synthesizes the latest research and insights on human motivation covering topics from the social and biological underpinnings of motivation and wellness to practical applications in all aspects of life

**The Psychology of Women and Gender** Nicole M. Else-Quest, Janet Shibley Hyde, 2017-12-07 A psychology of women textbook that fully integrates transgender research issues and concerns With clear comprehensive and cutting edge coverage The Psychology of Women and Gender Half the Human Experience delivers an

authoritative analysis of classical and up to the minute research from a feminist psychological viewpoint Authors Nicole M Else Quest and Janet Shibley Hyde examine the cultural and biological similarities and differences between genders noting how they are often a result of inequality The Ninth Edition emphasizes rigorous methodology and reviewing and evaluating empirical evidence helping demystify the scientific process in this field of study Hands on applications through case studies that integrate research from other disciplines give students further experience with key issues This proven resource equips students with a strong foundation for understanding the dynamic influences of gender sexual orientation and ethnicity in the context of psychology and society along with strategies for thinking critically about popular culture and using psychological science to improve people s lives and promote gender equality

#### **Pathways and Barriers to Parenthood** Orit Taubman -

Ben-Ari,2019-09-25 This volume explores the transition to parenthood from a holistic developmental approach relating to barriers such as fertility problems and traumatic childbirth as well as pathways such as positive experiences of pregnancy and childbirth It presents an extended process beginning with infertility issues continuing with subjects pertaining to decisions regarding parenthood pregnancy and birth and ending with the early stages of parenthood from a positive psychology perspective The volume draws on theories of resilience meaning terror management and attachment and considers psychological sociological legal policy medical and therapy issues It relates to the developmental needs of individuals and couples as well as to the role played by family society and the media offering a comprehensive in depth evaluation of the latest topics

*The Art and Science of Psychotherapy* Piero Ferrucci,2025-05-23 This book identifies fifty crucial themes with which every therapist or counsellor of any school should be conversant Its purpose is to offer students and professionals a strong theoretical outline and practical directions for renewing their work The author writes in the perspective of Psychosynthesis an open approach created by the Italian psychiatrist Roberto Assagioli In this orientation all living is relationship and the rapport between therapist and client is central Body states breathing posture and the voice reveal the client s emotional state Metaphors and imagery are the language of the unconscious Traumas are tackled with a view to recovery and renewal Meditation writing and visualisation help clients explore the inner world and give shape to their existence Will and the sense of agency are essential to wellbeing Expansion of consciousness and peak experiences are pointers to healing and freedom Even in the roughest times it is possible to find one s own centre

**The Courage to Suffer** Daryl R. Van Tongeren,Sara A. Showalter Van Tongeren,2020-02-27 Suffering is an inescapable part of life Some suffering is so profound so violating or so dogged that it fundamentally changes people in indelible ways Many existing therapeutic approaches from a medical model treat suffering as mental illness and seek a curative solution However such approaches often fail to examine the deep questions that suffering elicits e g existential themes of death isolation freedom identity and meaninglessness and the far reaching ways in which suffering affects the lived experience of each individual In *The Courage to Suffer* Daryl and Sara Van Tongeren introduce a new therapeutic framework that helps people flourish in the

midst of suffering by cultivating meaning Drawing from scientific research clinical examples existential and positive psychology and their own personal stories of loss and sorrow Daryl and Sara s integrative model blends the rich depth of existential clinical approaches with the growth focus of strengths based approaches Through cutting edge research and clinical case examples they detail five phases of suffering and how to work with a client s existential concerns at each phase to develop meaning They also discuss how current research suggests to build a flourishing life especially for those who have endured and are enduring suffering Daryl and Sara show how those afflicted with suffering while acknowledging the reality of their pain can still choose to live with hope

**What We Are: The Evolutionary Roots of Our Future** Lonnie Aarssen,2022-07-05 Other animals are driven to spend essentially their whole lives just trying to get fed stay alive and get laid That s about it The same was true for our proto human ancestors And modern humans of course also require a Survival Drive and a Sex Drive in order to leave descendants But today we spend most of our lives mainly just trying to convince ourselves that our existence is not absurd In *What We Are* Queen s University biologist Lonnie Aarssen traces how our biocultural evolution has shaped *Homo sapiens* into the only creature that refuses to be what it is the only creature preoccupied with a deeply ingrained and absurd sentiment I have a distinct mental life an inner self that exists separately and apart from material life and so unlike the latter need not come to an end This delusion conceivably gave our distant ancestors some wishful thinking for finding some measure of relief from the terrifying uniquely human knowledge of the eventual loss of corporeal survival But this came with an impulsive nagging doubt an obsessive underlying uncertainty self impermanence anxiety Biocultural evolution however was not finished It also gave us two additional uniquely human primal drives both serving to help quell the burden of this anxiety Legacy Drive generates delusional cultural domains for extension of self and Leisure Drive generates pleasurable cultural domains for distraction escape from self Legacy Drive and Leisure Drive Aarssen argues represent two of the most profound consequences of human cognitive and cultural evolution *What We Are* advances propositions regarding how a visceral susceptibility to self impermanence anxiety has paradoxically played a pivotal role in rewarding the reproductive success of our ancestors and has thus been a driving force in shaping fundamental motivations and cultural norms of modern humans More than any other milestone in the evolution of human minds self impermanence anxiety and its mitigating Drives for Legacy and Leisure account for not just the advance of civilization over the past many thousands of years but also now its impending collapse Effective management of this crisis Aarssen insists will require a deeper and more broadly public understanding of its Darwinian evolutionary roots as laid out in *What We Are*

*The Power of Meaning* Emily Esfahani Smith,2017-01-10 In a culture obsessed with happiness this wise stirring book points the way toward a richer more satisfying life Too many of us believe that the search for meaning is an esoteric pursuit that you have to travel to a distant monastery or page through dusty volumes to discover life s secrets The truth is there are untapped sources of meaning all around us right here right now To explore how we can craft lives of meaning Emily Esfahani



Smith synthesizes a kaleidoscopic array of sources from psychologists sociologists philosophers and neuroscientists to figures in literature and history such as George Eliot Viktor Frankl Aristotle and the Buddha Drawing on this research Smith shows us how cultivating connections to others identifying and working toward a purpose telling stories about our place in the world and seeking out mystery can immeasurably deepen our lives To bring what she calls the four pillars of meaning to life Smith visits a tight knit fishing village in the Chesapeake Bay stargazes in West Texas attends a dinner where young people gather to share their experiences of profound loss and more She also introduces us to compelling seekers of meaning from the drug kingpin who finds his purpose in helping people get fit to the artist who draws on her Hindu upbringing to create arresting photographs And she explores how we might begin to build a culture that leaves space for introspection and awe cultivates a sense of community and imbues our lives with meaning Inspiring and story driven **The Power of Meaning** will strike a profound chord in anyone seeking a life that matters **Work, Parent, Thrive** Yael Schonbrun,2022-11-01 2023 National Parenting Product Award Winner 2023 Next Generation Indie Book Awards Finalist Twelve practical strategies to experience more joy and feel less guilt as a working parent drawn from ACT the groundbreaking therapy technique that has helped countless people Dr Yael Schonbrun calls out the myth of the work life balance and offers practical strategies that can help us reframe our approach to working and parenting from the inside out Based in Acceptance and Commitment Therapy ACT these strategies won t create more hours in the day but they can shift how we label our experiences revise the stories we tell ourselves about working and parenting and recognize the value we get from each role Differing values and commitments pull working parents in opposite directions and the social supports families desperately need are lacking Yet even with these very real challenges we can find more peace and less stress Some of these strategies include Getting clear on our values and using these to help us make what often feel like no win choices around time and resources Practicing mindfulness in both parenting and working Subtracting less meaningful obligations from our lives These steps can help you crush both roles with examples from the author s research that show families of many shapes and backgrounds **Living in Happiness in a Complex World** Charles P. Nemeth,2020-02-29 In **Living in Happiness in a Complex World** Aristotle and Aquinas formulate a dependable and perennial recipe and rule for happiness Readers can compare and contrast these two approaches to human happiness that of Aristotle and Aquinas with more contemporary visions and then decide what works and what does not As a result readers encounter a series of delineated problems that inevitably lead to either happiness or distress such as drug and alcohol usage sexual gratification sexual promiscuity marriage or non marriage family natural family planning versus artificial interference materialism power and greed to name a few In the final analysis the text lays out two versions of how one encounters these problems and attractions and by the use of data empirical evidence about the current state of social conditions gives life to a classical vision for human happiness **Handbook of Parenting** Marc H. Bornstein,2019-02-01 This highly anticipated third edition of the **Handbook of Parenting** brings together an array of field

leading experts who have worked in different ways toward understanding the many diverse aspects of parenting Contributors to the Handbook look to the most recent research and thinking to shed light on topics every parent professional and policymaker wonders about Parenting is a perennially hot topic After all everyone who has ever lived has been parented and the vast majority of people become parents themselves No wonder bookstores house shelves of how to parenting books and magazine racks in pharmacies and airports overflow with periodicals that feature parenting advice However almost none of these is evidence based The Handbook of Parenting is Period Each chapter has been written to be read and absorbed in a single sitting and includes historical considerations of the topic a discussion of central issues and theory a review of classical and modern research and forecasts of future directions of theory and research Together the five volumes in the Handbook cover Children and Parenting the Biology and Ecology of Parenting Being and Becoming a Parent Social Conditions and Applied Parenting and the Practice of Parenting Volume 3 Being and Becoming a Parent considers a large cast of characters responsible for parenting each with her or his own customs and agenda and examines what the psychological characteristics and social interests of those individuals reveal about what parenting is Chapters in Part I on The Parent show just how rich and multifaceted is the constellation of children s caregivers Considered first are family systems and then successively mothers and fathers coparenting and gatekeeping between parents adolescent parenting grandparenting and single parenthood divorced and remarried parenting lesbian and gay parents and finally sibling caregivers and nonparental caregiving Parenting also draws on transient and enduring physical personality and intellectual characteristics of the individual The chapters in Part II on Becoming and Being a Parent consider the intergenerational transmission of parenting parenting and contemporary reproductive technologies the transition to parenthood and stages of parental development and then chapters turn to parents well being emotions self efficacy cognitions and attributions as well as socialization personality in parenting and psychoanalytic theory These features of parents serve many functions they generate and shape parental practices mediate the effectiveness of parenting and help to organize parenting

### **Three Dads and a Baby**

Ian Jenkins, 2021-03-09 As a closeted teen Ian wondered if he would ever fall in love or be able to live openly with a male partner Years later he had not one but two partners in a polyamorous throuple and the support of family friends and coworkers But something was still missing Spurred by a friend s donation of two embryos Ian Alan and Jeremy embarked on a sometimes hilarious sometimes tearful quest to become parents Along the way they faced IVF failures the threat of Zika virus a battle at their clinic that forced them into an urgent hunt for a new doctor pregnancy threatening bleeds costly legal battles and a reluctant superior court judge Ultimately the grace of women embryo donors their egg donor their surrogate even a surprise milk donor allowed them to complete their family with one perfect girl And in fighting for their family they became the first polyamorous family ever named as the legal parents of a child

The Top Books of the Year The Pains And Pleasures Of Parenthood The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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## **The Pains And Pleasures Of Parenthood Introduction**

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