The author’s focus on the transaction between early childhood experience and the development of self-regulation (both biologically and behaviorally) helps it stand out from other works on this topic. I strongly recommend this book to the developmental scientist and/or practitioner who may be looking for a thoughtful, integrated approach to understanding the development of self-regulation. Notably, this book would be particularly accessible for those with a basic foundation in neuroanatomy. For those without such a foundation, a color insert section does an excellent job of illustrating neurobiological data.

Also notable is that the author has written a companion volume entitled Affect Regulation and the Repair of the Self. In this volume, the author uses his model of self-regulation to identify fundamental mechanisms of psychotherapeutic change. Consistent with the first volume, his work has a foundation in attachment theory. Additionally, the author introduces the concept of neuropsychoanalysis, which places aspects of Freud’s Psychoanalytic Theory in the context of neurobiological systems.

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