



EMPOWERMENT



Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit

Thursday at 8 AM Pacific

October 24th 2019: What Animals Have to Teach Us About Raising Adolescent Children

Some adolescents become adults safely, capably, and independently while others do not. Research shows that becoming an adult for humans and animals depends on mastering four critical skills: staying safe from predators and exploiters; finding one's place in social groups; communicating sexual consent; and living independently. Studying adolescent animals helps us understand human adolescents as a planet-wide tribe, with shared behaviors and conditions such as: Easy Prey if they are seen by predators and exploiters as less aware, weaker, and unprotected, therefore singled out for attack; or Pri

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Featured Guests

Guest Image

Barbara Natterson Horowitz

Barbara Natterson-Horowitz, MD, is a visiting professor in the Department of Human Evolutionary Biology at Harvard University.

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Guest Image

Kathryn Bowers

Kathryn Bowers is a science journalist who has taught courses at UCLA and Harvard. A Future Tense Fellow at New America in Washington, D.C., she was previously an editor at Zócalo Public Square in Los Angeles, a staff editor at The Atlantic, and a writer/producer for CNN International in London.

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