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# Notes

## CHAPTER 1: WHY IS PARENTING SO HARD?

1. For more about this program visit [ThriveToday.org](http://ThriveToday.org).
2. Daniel J. Siegel, *The Developing Mind: Toward a Neurobiology of Interpersonal Experience* (New York: The Guilford Press, 1999), 67–120.
3. These habits are explained in detail in Marcus Warner and Jim Wilder, *Rare Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Northfield, 2016).

## CHAPTER 2: AS SIMPLE AS ABCD

1. Building Bounce is a registered trademark by Stefanie Hinman and is used here with permission. For more information, see Stefanie's website, [healingexpressionskc.com](http://healingexpressionskc.com); and Marcus Warner and Stefanie Hinman, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk, 2020).
2. Stuart Brown with Christopher Vaughan, *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul* (New York: The Penguin Group, 2009), 82.
3. For more on this see Milan and Kay Yerkovich, *How We Love: Discover Your Love Style, Enhance Your Marriage* (New York: Water-Brook, 2017), 12–24.

4. Learn more with Chris M. Coursey, *Transforming Fellowship: 19 Brain Skills That Build Joyful Community* (Coursey Creations, LLC, 2016) and the allegorical book by Denesia Christine Huttula, *The Bridges of Chara: An Allegory of Your Brain's Emotional Landscape* (self-pub. 2015).
5. E. James Wilder, *The Complete Guide to Living With Men* (Pasadena, CA: Shepherd's House, Inc., 2004), 285–99.

### CHAPTER 3: RAISING JOY-FILLED INFANTS

1. The vast writings and books by Dr. Allan Schore (allanschore.com) discuss this brain system, while Dr. Jim Wilder (lifemodelworks.org) applies this research to relationships.
2. Ibid.
3. Learn more with E. James Wilder, Edward M. Khouri, Chris M. Coursey, Shelia D. Sutton, *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd's House, Inc., 2013).
4. The right orbital prefrontal cortex is the part of the brain that thinks of itself as “me.” It is located just behind the right eye. It is present at birth, has important growth spurts early in life, and does not finish developing until the early twenties.
5. E. James Wilder, *The Complete Guide to Living With Men* (Pasadena, CA: Shepherd's House, Inc., 2004), 285–99, 38–39.
6. Based on the work and writings of Dr. Jim Wilder, captured in Barbara Moon, *Handbook to Joy-Filled Parenting* (self-pub. 2007).
7. Taken from the Thrive-at-Home teachings (thriveatohome.org) by Dr. Jim Wilder based on the research of Dr. Allan N. Schore (allanschore.com).
8. Learn more about the visual-facial attachment communication in the work of Dr. Allan Schore (allanschore.com).
9. A dyadic relationship is a technical term for a relationship between two people, as opposed to three or more. Allan N. Schore, *The Development of the Unconscious Mind* (New York: W. W. Norton & Company, 2019), 35.
10. Trauma can be defined as anything that causes damage to the development process. Everyone experiences some trauma. Part of the process of maturing is learning how to recognize and rebuild areas of development that have been stunted by trauma.

11. Catherine E. Laing, “Here’s Why ‘Baby Talk’ Is Good for Your Baby,” *The Conversation*, November 10, 2016, <https://theconversation.com/heres-why-baby-talk-is-good-for-your-baby-68216>.
12. Schore, *The Development of the Unconscious Mind*, 36.
13. Deb Dana, *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe* (New York: W. W. Norton & Company, 2017).
14. Schore, *The Development of the Unconscious Mind*, 37.
15. Learn more about Skills 9 and 15 that keep play safe in Chris M. Coursey, *Transforming Fellowship: 19 Brain Skills That Build Joyful Community* (Coursey Creations, LLC, 2016).
16. Marcus Warner and E. James Wilder, *Rare Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Northfield, 2016); see also Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Northfield, 2019).
17. Taken from the Thrive-at-Home teachings ([thrivetoday.org](http://thrivetoday.org)) by Dr. Jim Wilder, based on the research of Dr. Allan N. Schore ([allanschore.com](http://allanschore.com)).
18. Learn more with the writings of Dr. Jim Wilder at [lifemodelworks.org](http://lifemodelworks.org).
19. Wilder, *The Complete Guide to Living with Men*, 29.
20. *Ibid.*, 30.
21. Allan Schore identifies shame as a primarily right-brain emotion that does not become toxic until the left brain gives it meaning.
22. This concept is explained in greater detail in the insightful book by E. James Wilder, *The Pandora Problem: Dealing with Narcissism in Our Leaders and Ourselves* (Carmel, IN: Deeper Walk, 2019).

#### CHAPTER 4: RAISING JOY-FILLED CHILDREN

1. Marcus Warner and Stefanie Hinman, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk, 2020), 31–33.
2. See Chris Coursey, *The Joy Switch: How Your Brain’s Secret Circuit Affects Your Relationships—and How You Can Activate It* (Chicago: Northfield, 2021); see also Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Northfield, 2018) for more about relational brain circuits and the switch in the brain.

3. A similar process is described as an envelope conversation in Marcus Warner and E. James Wilder, *Rare Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Northfield, 2016), 133–134. Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Northfield, 2019) and relational sandwiches in E. James Wilder, Edward M. Khouri, Chris M. Coursey, Shelia D. Sutton, *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd’s House, Inc., 2013).
4. E. James Wilder, *The Complete Guide to Living with Men* (Pasadena, CA: Shepherd’s House, Inc., 2004), 60. Trying to train children under age five to hard things will only discourage them because their brain has not yet developed that capacity.
5. The parent’s ability to tell a coherent life story is one of the best predictors of how securely attached the child is to the parent. Dr. Cynthia Levin, “Interview with Daniel Siegel, MD,” MentalHelp.net, An American Addiction Centers Resource, <https://www.mentalhelp.net/blogs/interview-with-daniel-siegel-md/>.

## CHAPTER 5: JOY-FILLED ADULTS

1. Stuart Brown with Christopher Vaughan, *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul* (New York: The Penguin Group, 2009), 109.
2. “Brain Development: Teenagers” Raising Children Network, last updated January 7, 2020, <https://raisingchildren.net.au/pre-teens/development/understanding-your-pre-teen/brain-development-teens>.
3. Microaggressions are words or statements that communicate dismissal or disdain for a person based on their group identity. People often don’t realize their words have this effect, but they are offensive and hurtful to those who receive them. Thus, the words have an aggressive, attacking effect on the hearer.
4. Learn more about a rite of passage with E. James Wilder, *Just Between Father and Son: A Weekend Adventure Prepares a Boy for Adolescence* (Downers Grove, IL: InterVarsity Press, 1990).
5. E. James Wilder, *The Complete Guide to Living with Men* (Pasadena, CA: Shepherd’s House, Inc., 2004), 101-14.

6. Learn more with E. James Wilder, Ed Khouri, Chris. M. Coursey, Shelia D. Sutton, *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd's House, Inc., 2013).
7. Learn more about heart characteristics in Chris M. Coursey, *Transforming Fellowship: 19 Brain Skills That Build Joyful Community* (Coursey Creations, LLC, 2016) and Amy Brown and Chris Coursey, *Relational Skills in the Bible: A Bible Study Focused on Relationships* (Carmel, IN: Deeper Walk, 2019).
8. To see a list of nineteen skills every adult needs to master, and to learn how to get training in developing these skills, go to Chris Coursey's website: ThriveToday.org. For information on how to help people with addictions see Marcus Warner's book *Slaying the Monster: Six Strategies for Overcoming Pornography* (Carmel, IN: Deeper Walk, 2017).

#### CHAPTER 6: THE OXYGEN MASK

1. Ashley Halsey III, "Flying and That Oxygen Mask: Here's the Correct Way to Use It," *Washington Post*, April 18, 2018, <https://www.washingtonpost.com/news/dr-gridlock/wp/2018/04/18/flying-and-that-oxygen-mask-heres-the-correct-way-to-use-it/>. Emphasis added.
2. Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Northfield, 2019).
3. Stuart Brown and Christopher Vaughan, *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul* (New York: The Penguin Group, 2009), 6.
4. For ideas and exercises you can do to build joy in your marriage, see our book *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love*.