



The Dolphin Parent: A Guide to Raising Healthy, Happy, and Self-Motivated Kids

By Shimi K Kang Md

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In *The Dolphin Parent*, Harvard-trained psychiatrist, expert in human motivation, and mother of three Dr. Shimi Kang provides a guide to the art and science of inspiring children to develop their own internal drive and lifelong personal aspirations.

Drawing on the latest neuroscience and behavioral research, Dr. Kang transcends cultural limits and shows why authoritarian “tiger parents” and permissive “jellyfish parents” actually hinder self-motivation. She proposes a powerful new and universal parenting model: the intelligent, strong, joyful, and highly social dolphin. Dolphin parents focus on maintaining balance in their children’s lives to compassionately, yet authoritatively guide them toward the key 21st century skills of “CQ”—creativity, communication, collaboration, and critical thinking.

Combining irrefutable science with unforgettable real-life stories from around the world, *The Dolphin Parent* walks readers through Dr. Kang’s four-part method for cultivating self-motivation. As the fifth child of immigrant parents who struggled to give their children the “best” in life—Dr. Kang’s mother could not read and she was never enrolled in a single extra-curricular activity—she argues that by trusting our deepest natural intuition about what is best for our kids, we will allow them to develop key traits of adaptability, community-mindedness, and CQ to empower them to thrive in our increasingly competitive and complex world.

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Editorial Review

Review

"What a wonderful contribution to the emerging evolution of conscious parenting! An encyclopedia of research and insights to help parents navigate their parenting journeys!" - Dr. Shefali Tsabary, author of *The Conscious Parent* and *Out of Control*

"With insight, professional expertise and unfailing instinct, Dr. Shimi Kang offers us essential guidance in restoring sanity to 21st Century parenting. Compassionate to parent and child, loving and reasoned in its approach, *The Dolphin Way* is highly readable, emotionally nurturing and intellectually satisfying." - Gabor Maté M.D., co-Author, *Hold On To Your Kids: Why Parents Need To Matter More Than Peers*

"This is a powerful book that not only reminds us of what it means to live a balanced human life, but also how to achieve it—simply and naturally. *The Dolphin Way* guides us towards balance in an often imbalanced world." - David Suzuki

"Ready to give your kids back their childhood—the part YOU loved? The joy? The creativity? The afternoons you still remember with such longing? If you're driving your kids to the lessons neither of you likes, instead of giving yourselves BOTH a chance to relax, play or just 'waste' time, it's time to turn around the car. This book is your U-turn to joy." - Lenore Skenazy, author of the book and founder of the blog *Free-Range Kids*

"Dr. Shimi Kang writes insightfully of the real lives of parents, weaving science with spirit, and embedding highly practical suggestions into every chapter. I highly recommend this book!" - Michael Gurian, author of *The Wonder of Boys* and *The Wonder of Girls*

"A beautifully written guide that will help parents counteract the social forces that have been depriving children ever more of freedom, play, and childhood itself." - Peter Gray, research professor of psychology, Boston College, and author of *Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life*

"If you're looking for effective but practical strategies to calm the chaos in your kids' lives, foster their internal motivation, and truly prepare them to function successfully in the adult world—read this book! Using concrete evidence, Dr. Kang shows why 'Tiger' approaches to parenting do more harm than good. Her Dolphin approach will have you and your kids cheering. Highly recommended!" - Amy McCready, Founder of PositiveParentingSolutions.com and author of *If I Have to Tell You One More Time*

"Combining scientific research with personal stories, Kang has a soothing and encouraging tone that will appeal to many readers. By encouraging parents to model dolphins, who instruct by play, exploration, social bonds, altruism, contribution, and family and community values, kids will strengthen their own internal compass and have a stronger core with a greater chance at personal success and happiness." - *Library Journal* (starred review)

"Taking both an intimate look at herself and a broad lens to human hard-wiring, [Dr. Shimi Kang] provides a direly needed paradigm shift for child-rearing in the twenty-first century." - Marlaine Cover, Founder, Parenting 2.0

“This book really opened my eyes to the idea that balance in parenting is as important as balance in life. Dr. Kang uses evidence-based research to make her points about the importance of being an authoritative parent. I feel like this book has made me understand much better the kind of parent that I want to be and I know that it will very dog-eared from all my referencing as my son grows up.” - SavvyMom.ca

About the Author

Dr. Shimi K. Kang is a Harvard-trained doctor, award-winning researcher, international media expert, and dynamic speaker. She has worked across North America, Europe, and Asia and has helped thousands of children, teens, and adults move towards lives of more passion, purpose, and joy. Dr. Kang is a recognized thought leader on topics of health, motivation, relationships, culture, and 21st century leadership. She has contributed to major global media outlets including *NPR*, *The Huffington Post*, *TEDx*, *Psychology Today*, *Times of India*, *South China Morning Post*, *UK Daily Mail*, *Der Speigel*, *Yedioth Aharonot*, *Jyllands-Posten*, and *Time* magazine. She has received six international awards including the American Academy of Addiction Psychiatry Research Award. Dr Kang is the current Medical Director of Child and Youth Mental Health for Vancouver, a Clinical Associate Professor at the University of British Columbia, and a Life Skills 2.0 Global Presence Ambassador. Dr. Kang is most proud of receiving the Queen Elizabeth II Diamond Jubilee Medal for her years of outstanding community service and being the mother of three amazing but exhausting children!

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