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## Dunkley's "Reset your child's brain: A four-week plan to end meltdowns, raise grades, and boost social skills by reversing the effects of electronic screen-time" (Book Review)

J. James Mancuso  
*Northeastern Baptist College*

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Dunkley, V. (2015). *Reset your child's brain: A four-week plan to end meltdowns, raise grades, and boost social skills by reversing the effects of electronic screen-time*. Novato, CA: New World Library, 384 pp. \$18.95 ISBN: 9781608682843

This book is well-suited to collections devoted to counseling, family therapy, and child-rearing. The author has provided parents with an extremely well-researched and yet usable tool for diagnosing and treating childhood misbehavior caused by spending too much time on electronic devices, and too little time experiencing life in a natural way. The book is not one mother's rant against electronic devices; it is a marvelous combination of both professional level research and honest, practical advice for the parent whose child's behavior has been adversely affected by digital overload. The author takes the reader step by step through the whole process of weaning a child off electronic devices and setting him or her back on the course of healthy emotional, physical, and intellectual development. The text is helpful, straightforward, and above all else, realistic. So, though it begins with theory and data and statistics, it also guides the parent through the reality of exactly what he or she will experience in the day-to-day, nitty-gritty process of resetting the child's brain. The tone remains helpful, redemptive, and positive, not dogmatic or preachy.

The author has provided a comprehensive synopsis of the contents of the book at her website: <http://drdunkley.com/reset-your-childs-brain/>.

### Reviewer

J. James Mancuso, Northeastern Baptist College

Hauerwas, S., & Willimon, W.H. (2014). *Resident aliens: Life in the Christian colony* (25<sup>th</sup> Anniversary ed.). Nashville, TN: Abingdon Press. 172 pp. \$19.99. ISBN 9781426781902

The Apostle Paul uses the word *politeuma*, which roughly translates as 'colony' or 'commonwealth', to describe the visible body of Christ in his letter to the Phillipian church (Phil. 3:20). This motif of church as a colony is central to Stanley Hauerwas and William Willimon's ethic of the church in *Resident Aliens*. Hauerwas and Willimon cast a vision for a church that eschews the materialism, moral subjectivity, and the secularizing of the clergy and the mission of the church. As two disillusioned Methodists, Hauerwas and Willimon advocate a robust, Catholic-esque ecclesiology and hermeneutical method that rebuts the historical-critical method and revisionist accounts of the Gospel. The authors view the church as an inherently 'political' structure, inasmuch as political is defined as being a tangible community whose values are countercultural to the spirit of the age. *Resident Aliens* wryly observes that