

ARK3 Returns, Trauma and Rage, PTSD, & Violent Parenting (1h3m) - Episode 428

Episode 428 welcomes back Alex R. Knight III to chat with Skyler on the following topics: finally making the connection between his former alcoholism and trauma he experienced in childhood and adolescence; accepting failure as okay, and not as shameful; post-traumatic stress disorder experienced by both of them; family disfunction and divorce; the roots of authoritarianism in violent (physically and psychologically/emotionally) parenting; laws against spanking; the effects of prolonged brain exposure to stress hormones like cortisol and adrenaline; stress in infancy, such as “cry-it-out”; evolutionary reasons why kids protest bedtime; Skyler’s family bedroom; and more.

Article: “Adolf Hitler: How Could a Monster Succeed in Blinding a Nation?” by Alice Miller

Article: “Stress in Infancy” by Linda Palmer

Book: *Parenting for a Peaceful World*, Robin Grille

Article: “The Dangers of ‘Crying It Out’” by Darcia Narvaez

Article: “Why Young Children Protest Bedtime: A Story of Evolutionary Mismatch” by Peter Gray

Website: The Natural Child Project, Articles on Gentle Guidance

Website: Project NoSpank

Listen to Episode 428 (1h3m, mp3, 64kbps)

Subscribe via RSS here, or in any podcast app by searching for “everything voluntary”. Support the podcast at [Patreon.com/evc](https://www.patreon.com/evc).

Other podcasts: “Thinking & Doing”, “Voluntaryist Voices”

Referral links: Tom Wood’s Liberty Classroom, Ron Paul’s Homeschool Curriculum, Amazon Shopping