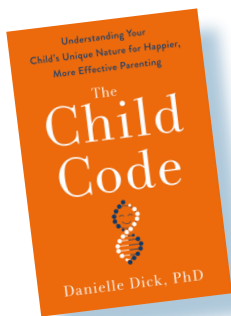


# By the Book, Book Club: September Meeting

Tuesday, September 16, 2025  
6 – 7 p.m. on Zoom



## Join us for By the Book's first meeting!

September's book is *The Child Code* by Danielle Dick, PhD. Jennifer Luyster, Assistant Director of Clinical Services, RWJBarnabas Health Institute for Prevention and Recovery, and Dr. Tara Matthews, Developmental Behavioral Pediatrician and Director of the Fetal Alcohol Spectrum Disorders Program at Children's Specialized Hospital, will lead the book club discussion and explore how genetics affects every aspect of human behavior.

### About the Book

In *The Child Code*, award-winning professor Dr. Danielle Dick draws from her research in developmental behavior genetics to debunk the myth that parenting techniques alone can determine a child's behavior and future. Dr. Dick introduces readers to the 3 E's that underlie each child's unique predisposition—extraversion (Ex), emotionality (Em), and effortful control (Ef)—and shows that, in fact, the key to raising successful adults isn't to try harder to mold them, but to adapt your parenting strategies to the way they are wired.

### About By the Book

By the Book, Book Club is hosted by the Recovery, Community, Connection (RCC) Business Resource Group. The book club's goal is to read and discuss positive, inspiring or informative books that increase awareness of various recovery- and prevention-related topics.

Email [Rachel.Kiefer-Casella@rwjbh.org](mailto:Rachel.Kiefer-Casella@rwjbh.org) with questions.



Click [here](#) or scan the QR code to register.

### Ways to Read

#### Read a physical or digital book:

- o Borrow the book or e-book from your local library.
- o Purchase the book or e-book from a bookseller of your choosing.

#### Listen to the audiobook:

- o Borrow the audiobook from your local library.
- o Purchase the audiobook from a bookseller of your choosing.

#### Other digital options:

- o Hoopla [www.hoopladigital.com/](http://www.hoopladigital.com/)
- o Libby [libbyapp.com/interview/welcome#doYouHaveACard](http://libbyapp.com/interview/welcome#doYouHaveACard)

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