

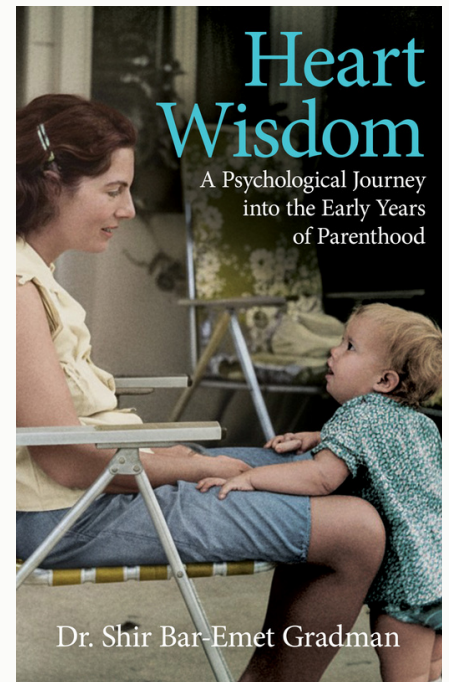
Heart Wisdom

A Psychological Journey into
the Early Years of Parenthood

Dr Shir Bar-Emet Gradman

Publishing: 5th November 2026

Trade paperback: £14.99



Heart Wisdom is written for every parent who has ever felt overwhelmed, guilty, or lost, who wants to find meaning and consolation in the challenges of early parenthood.

The early years of parenthood, alongside joy and excitement, are often accompanied by exhaustion, frustration, and a sense of being pushed to the breaking point. Faced with such emotional extremes, parents seek advice on how to escape crisis situations. But this is rarely what they need. What they truly need is not a way out of the difficulty — but a way through it.

In *Heart Wisdom*, Dr. Shir Bar-Emet Gradman takes a path rarely travelled: while psychoanalysis has long used the parent-child relationship to illuminate the child's inner world, she turns that lens around, onto parents themselves. Drawing on psychoanalytic insight and contemporary developmental research, she moves beyond quick-fix behavioural strategies, offering a deeper language for the emotional upheavals of these years — one that allows parents to reflect, make meaning, and ultimately grow.

Heart Wisdom gives parents something rare: a deeper understanding of why their experience feels so intense, contradictory, and emotionally charged, and from that understanding, practical insight that actually holds.

Dr. Shir Bar-Emet Gradman is a clinical psychologist (Ph.D., Haifa University) and psychoanalytic psychotherapist based in Israel. She teaches and supervises in psychotherapy training programmes at Tel Aviv University and Levinsky College. The Hebrew edition of *Heart Wisdom* (Am Oved, 2024) sold over 2,000 copies during its first year and received strong responses from both clinicians and parents.

Dr Shir Bar-Emet Gradman is available for interviews and to write features. For more information or to request a press copy please contact Hannah Hargrave: 07855050137/ hehargrave@gmail.com