

Adam Blanning MD practices anthroposophic family medicine in Denver, Colorado, USA, and is a co-leader of the Medical Section at the Goetheanum. He received an English literature degree (1995), Doctor of Medicine (1999) and completed a family medicine residency (2002) all at the University of Colorado. He taught family medicine at both New York Medical College and the University of Colorado School of Medicine before starting his anthroposophic medical practice. While he sees patients of all ages and for a wide variety of conditions, healthy development and the special needs of children has always been a core interest. For more than 20 years he has worked collaboratively with Waldorf schools, particularly around methods for observing and better understanding children's behaviors and needs. He teaches nationally and internationally, co-directs the physician training programs for anthroposophic medicine in the U.S. and Canada, and is a past president of the Anthroposophic Health Association (AHA). Dr. Blanning is the author of *Understanding Deeper Developmental Needs: Holistic Approaches for Challenging Behaviors in Children* and *Raising Sound Sleepers: Helping Children Use their Senses to Rest and Self-Soothe*. He lives with his wife and two children in Colorado.