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Brain Gym and Me - Reclaiming the Pleasure of Learning

Paul E. Dennison

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Brain Gym and Me - Reclaiming the Pleasure of Learning Paul E. Dennison
Paul E. Dennison, a world authority on cognitive skills and reading achievement, introduced the Brain Gym program in the mid-1980s. Today, the Brain Gym activities and balances are used in homes, schools, and businesses in more than 80 countries. In this inspiring addition to the Brain Gym series, Dr. Dennison shares his vision of children and adults learning in the way that is most natural: through movement. Dennison tells how he overcame his own learning challenges and discovered how stress can inhibit comprehension. Through personal stories, he simplifies the latest in neuroscience as it relates to learning. Dennison identifies the physical skills of learning that help learners shift from trying to doing their best. The case histories included show how people of all ages use the Brain Gym activities to learn, relax, remember, create, and achieve personal goals; the book also covers such unique Edu-K concepts as PACE, noticing, and the Three Dimensions of Learning. Descriptions of many of the Brain Gym activities are included.

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