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This new edition is a compilation of the authors work in movement- based learning. It demonstrates how physical movement relates to the mastery of cognitive skills and can enhance learning.

This book has been designed to give the user practical, visual, step-by-step ideas on how to use the Brain Gym movements in learning handwriting, reading, spelling, and math skills.

"Educate Your Brain: use mind-body balance to learn faster, work smarter and move more easily through life" In this remarkable book, Kathy Brown explains how the mind-body system has innate intelligence, ready and waiting to be tapped. By following its lead and utilizing a few simple movements from the innovative Brain

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Gym program, we can resolve even longstanding blocks to learning and achievement. The unique Brain Gym system can help you experience the confidence and self-esteem that come with ability, productivity, and fulfillment. Discover how you can change your own life, and the lives of those you touch. "Educate Your Brain" was a finalist (Silver Award) in the 2013 Benjamin Franklin publishing awards, sponsored by the Independent Book Publishers Association.

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Have you ever wondered how one day the media can assert that alcohol is bad for us and the next unashamedly run a story touting the benefits of daily alcohol consumption? Or how a drug that is pulled off the market for causing heart attacks ever got approved in the first place? How can average readers, who aren't medical

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doctors or Ph.D.s in biochemistry, tell what they should be paying attention to and what's, well, just more bullshit? Ben Goldacre has made a point of exposing quack doctors and nutritionists, bogus credentialing programs, and biased scientific studies. He has also taken the media to task for its willingness to throw facts and proof out the window. But he's not here just to tell you what's wrong. Goldacre is here to teach you how to evaluate placebo effects, double-blind studies, and sample sizes, so that you can recognize bad science when you see it. You're about to feel a whole lot better.

Exercising your brain is just as important as working out. If you don't exercise your brain, it will atrophy, at least the part your not using. 'Use it or lose it' is as true of our mental faculties as it is of our physical abilities. Fortunately, most of us do get plenty of stimulation in our daily lives, jobs, leisure activities and relationships. The problem is that our brain stimulation is often not very balanced, and that imbalance can affect your sense of well-being. This book provides exercises for all the major brain functions at several different levels. Inside you will be able to: test your brain fitness level, develop right brain association and creative ability, and improve your logic and numbers skills using left-brain workouts invented by scientists.

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