

Hare Brain Tortoise Mind How Intelligence Increases When You Think Less

In the 21st century, when creativity has been identified as a major economic force, Guy Claxton and Bill Lucas demonstrate how we can develop and benefit from creativity in our careers and personal lives. In concise steps they explain what 'creativity' means and how it has become a significant skill in our lives.

"In an account chock full of real-world examples reinforced by experimental research, Hood's marvelous book is an important contribution to the psychological literature that is revealing the actuality of our very irrational human nature." — Science In the vein of Malcolm Gladwell's *Blink*, Mary Roach's *Spook*, and Dan Ariely's *Predictably Irrational*, *The Science of Superstition* uses hard science to explain pervasive irrational beliefs and behaviors: from the superstitious rituals of sports stars, to the depreciated value of houses where murders were committed, to the adoration of Elvis.

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

United by the belief that the most significant factor in shaping the minds of young people is the cultural setting in which learning takes place, the twenty eminent contributors to this volume present new thinking on education across the boundaries of school, home, work and community.

The Behavioral and Social Sciences

Out of My Mind

Why Your Mind Needs Your Body Much More Than it Thinks

An Eternal Golden Braid

Hare Brain, Tortoise Mind

The Impact of Eastern Religions on Psychological Theory and Practice

Teaching learners to teach themselves (The Learning Power series)

It's time for the educational slugfest to stop. 'Traditional' and 'progressive' education are both caricatures, and bash cartoon images of each other is unprofitable and unedifying. The search for a new model of education – one that is empowering for all young people – is serious and necessary. Some good progress has already been made, but teacher leaders are being held back by specious beliefs, false oppositions and the limited thinking of orthodoxy. Drawing on my experience in England, North America and Australasia, but applicable round the world, *The Future of Teaching* clears the logjam of bad science and slack thinking and frees up the stream of much-needed innovation. This timely book aims to challenge arguments based on false claims about the brain and poor understanding of cognitive science, reclaim the nuanced ground of teaching that develops both rigorous knowledge and 'character', and lay the foundations for a 21st-century education worthy of the name.

If you think that intelligence emanates from the mind and that reasoning necessitates the suppression of emotion, you should think again—or rather not "think" at all. In his provocative new book, Guy Claxton draws on the latest findings in neuroscience and psychology to reveal how our bodies—long dismissed as mere conveyances—actually constitute the core of our intelligence. From the endocrinal means by which our organs communicate to the instantaneous decision-making prompted by experiential phenomena, our bodies are able to perform intelligent computations that we either overlook or wrongly attribute to the mind. Embodied intelligence is one of the most exciting areas in contemporary philosophy and neuropsychology, and Claxton shows how the privilege given to cerebral thinking has taken a toll on modern society, resulting in too much screen time, the diminishment of skilled craftsmanship, and an overvaluing of white-collar over blue-collar labor. Discussing techniques that help us reconnect with our bodies, Claxton shows how an appreciation of the body's intelligence will enrich all our lives. A collection of essays by psychologists about the psychology of well-being. It shows how the literature of the spirit, especially Buddhism, can be of enormous help in understanding the concept of well-being and in developing practices to enhance it. It shows how spiritual ideas are echoed in the theories and techniques of contemporary psychology and psychotherapy. It explores the nature of the new therapies and new religious movements which attempt to combine modern wisdoms about well-being. It also discusses some of the important issues and questions concerning the use of these traditions in working with distressed people in a variety of settings.

Offering insights from the spheres of anthropology, psychology, education, design, and business, *Creative Intelligence* by Howard Gardner, Howard Nussbaum, a leading thinker, commentator, and curator on the subjects of design, creativity, and innovation, is first to identify and explore creative intelligence as a new form of cultural literacy and as a powerful method for problem-solving, innovation, and sparking start-up capitalism. Nussbaum investigates the ways in which individuals, corporations, and nations are boosting their creative intelligence — CQ—and how that translates into their abilities to make new products and solve complex problems. Ultimately, *Creative Intelligence* shows how to frame problems in new ways and devise solutions that are highly social. Smart and eye opening, *Creative Intelligence: Harnessing the Power to Create, Connect, and Inspire* illustrates how to connect our creative output with a new type of economic system, Indie Capitalism, where creativity is the source of growth, entrepreneurs drive growth, and where social networks are the building blocks of the economy.

Developing White Racial Literacy

The Science of Superstition

The World Beyond Your Head

Creativity

How the Developing Brain Creates Supernatural Beliefs

The Learning Powered School

Pioneering 21st Century Education

Find out what the pioneers have been doing, and how it is transforming their schools. Eight years on from the classic *Building Learning Power*, Professor Claxton and his co-authors show how the ideas and practice have grown

and flourished.

Chronic pain. While it affects you physically, it also takes a tremendous toll on you emotionally and spiritually. There's a massive struggle to keep your mind and heart in the right place while your body is healing or adjusting to new limitations. In "The Tortoise Effect," Juanita Clendaniel shares how she came through her lifelong struggle with chronic pain and the startling discovery she learned in her 40's about the root cause. While her physical body had limitations, Juanita rose above them to live a joyful and fulfilled life. In this book, you will learn strategies that can help guide anyone through a season of pain and how to live free from the fears that often come with it. Your life doesn't have to stop because of chronic pain. You can move forward, one step at a time, fulfilling your dreams and purpose!

Why the education system is failing our kids and how we can start the revolution that will save our schools With their emphasis on regurgitated knowledge and stressful exams, today's schools actually do more harm than good. Guiding readers past the sterile debates about City Academies and dumbed-down exams, Claxton proves that education's key responsibility should be to create enthusiastic learners who will go on to thrive as adults in a swiftly-changing, dynamic world. Students must be encouraged to sharpen their wits, ask questions, and think for themselves - all without chucking out Shakespeare or the Periodic Table. Blending down-to-earth examples with the latest advances in brain science, and written with passion, wit, and authority, this brilliant book will inspire teachers, parents, and readers of all backgrounds to join a practical revolution and foster in the next generation a natural curiosity and the spirit of adventure.

A breakthrough book on the future of learning>

An Intimate History of the Unconscious

The Leading Brain

Gender and Our Brains

Exploring the Role of Education

Essential Steps to Revitalize Your Work and Life

Stories of Personal Triumph from the Frontiers of Brain Science

A Short and Cheerful Guide

Writing principally for teachers-in-training and for new teachers, Guy Claxton offers a fresh approach to what is often a stuffy and polemical area. New teachers today are being bombarded from all sides with advice, prescriptions and demands about what they ought to be, and about personal and professional standards they ought to attain. The person they are gets to feel more and more ignored, unvalued and inadequate. The message of The Little Ed Book is that the answers to all the questions a teacher must confront - both practical and ideological - are already within him or her, and that, whatever they are, they are worthy of respect. Just as a map of a city is useless unless you can locate yourself, so you must find and value the teacher that you are, before you can become the teacher you can be.

Shows how everyone has the capacity to succeed and how most use only a small portion of their talents.

"At the very time the need for effective leadership is reaching critical proportions, Michael Fullan's Leading in a Culture of Change provides powerful insights for moving forward. We look forward to sharing it with our grantees." --Tom Vander Ark, executive director, Education, Bill and Melinda Gates Foundation "Fullan articulates clearly the core values and practices of leadership required at all levels of the organization. Using specific examples, he convinces us that the key change principles are equally critical for leadership in business and education organizations." --John Evans, chairman, Torstar Corporation "In Leading in a Culture of Change, Michael Fullan deftly combines his expertise in school reform with the latest insights in organizational change and leadership. The result is a compelling and insightful exposition on how leaders in any setting can bring about lasting, positive, systemic change in their organizations." --John Alexander, president, Center for Creative Leadership "Michael Fullan's work is remarkable. He masterfully captures how leaders can significantly improve their learning and performance, even in the uncontrollable, chaotic circumstances in which they practice. A tour de force." --Anthony Alvarado, chancellor of instruction, San Diego City Schools "Too often schools and businesses are seen as separate and foreign places. Michael Fullan blends the best of knowledge from each into an exemplary template for improving leadership in both." --Terrence E. Deal, coauthor of Leading with Soul Business, nonprofit, and public sector leaders are facing new and daunting challenges--rapid-paced developments in technology, sudden shifts in the marketplace, and crisis and contention in the public arena. If they are to survive in this chaotic environment, leaders must develop the skills they need to lead effectively no matter how fast the world around them is changing. Leading in a Culture of Change offers new and seasoned leaders' insights into the dynamics of change and presents a unique and imaginative approach for navigating the intricacies of the change process. Michael Fullan--an internationally acclaimed expert in organizational change--shows how leaders in all types of organizations can accomplish their goals and become exceptional leaders. He draws on the most current ideas and theories on the topic of effective leadership, incorporates case examples of large scale transformation, and reveals a remarkable convergence of powerful themes or, as he calls them, the five core competencies. By integrating the five core competencies--attending to a broader moral purpose, keeping on top of the change process, cultivating relationships, sharing knowledge, and setting a vision and context for creating coherence in organizations--leaders will be empowered to deal with complex change. They will be transformed into exceptional leaders who consistently mobilize their compatriots to do important and difficult work under conditions of constant change.

This book offers a powerful manifesto for schools to articulate a different vision of education that looks beyond exam success.

The Learning Power Approach to primary teaching (The Learning Power series)

Leading in a Culture of Change

The Brain That Changes Itself

Pragmatic Thinking and Learning

Models of the Self

Be Creative

The Wayward Mind

A cutting-edge guide to applying the latest research in brain science to leadership - to sharpen performance, encourage innovation, and enhance job satisfaction. **Featured on NPR, Success, Investor Business Daily, Thrive Global, MindBodyGreen, The Chicago Tribune, and more**** There's a revolution taking place that most businesses are still unaware of. The understanding of how our brains work has radically shifted, exploding long-held myths about our everyday cognitive performance and fundamentally changing the way we engage and succeed in the workplace. Combining their expertise in both neuropsychology and management consulting, neuropsychologist Friederike Fabritius and leadership expert Dr. Hans W. Hagemann present simple yet powerful strategies for: - Sharpening focus - Achieving the highest performance - Learning and retaining information more efficiently - Improving complex decision-making - Cultivating trust and building strong teams Based on the authors' popular leadership programs, which have been delivered to tens of thousands of leaders all over the world, this clear, insightful, and engaging book will help both individuals and teams perform at their maximum potential, delivering extraordinary results. ****Named a Best Business Book of 2017 by Strategy+Business******

New Kinds of Smart presents the most important of these changes to practising teachers and educators, and invites them to think about their implications for school.

An enthralling exploration that upends the prevailing view of consciousness and demonstrates how intelligence is literally embedded in the palms of our hands If you think that intelligence emanates from the mind and that reasoning necessitates the suppression of emotion, you'd better think again--or rather not "think" at all. In his provocative new book, Guy Claxton draws on the latest findings in neuroscience and psychology to reveal how our bodies--long dismissed as mere conveyances--actually constitute the core of our intelligent life. From the endocrinal means by which our organs communicate to the instantaneous decision-making prompted by external phenomena, our bodies are able to perform intelligent computations that we either overlook or wrongly attribute to our brains. Embodied intelligence is one of the most exciting areas in contemporary philosophy and neuropsychology, and Claxton shows how the privilege given to cerebral thinking has taken a toll on modern society, resulting in too much screen time, the diminishment of skilled craftsmanship, and an overvaluing of white-collar over blue-collar labor. Discussing techniques that will help us reconnect with our bodies, Claxton shows how an appreciation of the body's intelligence will enrich all our lives.

Why do we keep getting the same jobs, taking on the same relationships, and finding ourselves in the same emotional traps? Dr. Joe Dispenza not only teaches why people tend to repeat the same negative behaviors, he shows how readers can release themselves from these patterns of disappointment. With the dynamic combination of science and accessible how-to, Dispenza teaches how to use the most important tool in ones body and life—the brain. Featured in the underground smash hit of 2004, "What the Bleep Do We Know!?", Dispenza touched upon the brain's ability to become addicted to negative emotions. Now, in his empowering book Evolve Your Brain he explains how new thinking and new beliefs can literally rewire one's brain to change behavior, emotional reactions, and habit forming patterns. Most people are unaware of how addicted they are to their emotions, and how the brain perpetuates those addictions automatically. In short, we become slaves to our emotional addictions without even realizing it. By observing our patterns of thought, and learning how to 're-wire the brain' with new thought patterns, we can break the cycles that keep us trapped and open ourselves to new possibilities for growth, happiness and emotional satisfaction. Key Features A radical approach to changing addictive patterns and bad habits. Based on more than twenty years of research. Bridges the gap between science, spirituality and self-help—a formula that has proven success. Easy to understand and written for the average reader.

Gödel, Escher, Bach

Sociocultural Perspectives on the Future of Education

Hare Brain Tortoise Mind -Lib

The Little Ed Book

Educating Ruby

Beyond Therapy

Aleister Crowley's The Book of Lies is an important and complex work of occultism. Deciphering its many layers of hidden meaning requires a little patience and more than a beginner's knowledge of Thelema. For those interested in passing beyond the initiate stage, the reward offered by a deeper understanding of this challenging text is well worth the effort. This new 2018 edition of The Book of Lies from Kismet Publishing restores all of Crowley's original text, including the important keys, sigils and diagrams often omitted from reprints.

Hare Brain, Tortoise MindHow Intelligence Increases When You Think LessHarper Collins

Printed in full color. Software development happens in your head. Not in an editor, IDE, or designtool. You're well educated on how to work with software and hardware, but what about wetware--our own brains?

Learning new skills and new technology is critical to your career, and it's all in your head. In this book by Andy Hunt, you'll learn how our brains are wired, and how to take advantage of your brain's architecture. You'll learn new tricks and tipsto learn more, faster, and retain more of what you learn. You need a pragmatic approach to thinking and learning. You need to Refactor Your Wetware. Programmers have to learn constantly; not just the stereotypical new technologies, but also the problem domain of the application, the whims of the user community, the quirks of your teammates, the shifting sands of the industry, and the evolving characteristics of the project itself as it is built. We'll journey together through bits of cognitive and neuroscience, learning and behavioral theory. You'll see some surprising aspects of how our brains work, and how you can take advantage of the system to improve your own learning and thinking skills. In this book you'll learn how to: Use the Dreyfus Model of Skill Acquisition to become more expert Leverage the

architecture of the brain to strengthen different thinking modes Avoid common "known bugs" in your mind Learn more deliberately and more effectively Manage knowledge more efficiently With forewords by Professor Tanya Byron and Octavius Black, *Educating Ruby: What Our Children Really Need To Learn* is a powerful call to action by acclaimed thought-leaders Guy Claxton and Bill Lucas. It is for everyone who cares about education in an uncertain world and explains how teachers, parents and grandparents can cultivate confidence, curiosity, collaboration, communication, creativity, commitment and craftsmanship in children, at the same time as helping them to do well in public examinations. *Educating Ruby* shows, unequivocally, that schools can get the right results in the right way, so that the Rubys of tomorrow will emerge from their time at school able to talk with honest pleasure and reflective optimism about their schooling. Featuring the views of schoolchildren, parents, educators and employers and drawing on Guy Claxton and Bill Lucas' years of experience in education, including their work with Building Learning Power and the Expansive Education Network, this powerful new book is sure to provoke thinking and debate. Just as Willy Russell's *Educating Rita* helped us rethink university, the authors of *Educating Ruby* invite fresh scrutiny of our schools.

How Intelligence Increases When You Think Less

What Does it Mean to be White?

The Tortoise Effect

Power Up Your Mind

Creative Intelligence

Neuroscience Hacks to Work Smarter, Better, Happier

How to Flourish in an Age of Distraction

In *The Learning Power Approach: Teaching learners to teach themselves* Guy Claxton sets out the design principles of a pedagogical formula that aims to strengthen students' learning muscles and develop their independence, initiative, determination, and love of learning. Foreword by Carol S. Dweck. Learning is learnable! Educators can explicitly teach not just content, knowledge, and skills, but also the positive habits of mind that will better prepare students to flourish both in school and in later life. And as 'traditionalists' fight for rigour and knowledge, and 'progressives' defend the increasing focus on character and well-being, Guy Claxton's Learning Power Approach (LPA) brings resolution to this phoney and unnecessary war by offering teachers a win-win pedagogical formula that delivers good academic results while simultaneously turbocharging students' independence, initiative, and love of learning. In this groundbreaking book Guy distils fifteen years' experience with his influential Building Learning Power method to provide a set of design principles for strengthening students' learning muscles, and together with a wealth of practical strategies and the supporting evidence that underpins them details the small tweaks to daily practice that will help teachers attend more closely to the ways in which they can shape their students' learning dispositions and attitudes.

Complemented by engaging and informative classroom examples of the LPA in action and drawing from research into the fields of mindset, metacognition, grit, and collaborative learning *The Learning Power Approach* describes in detail the suite of beliefs, values, attitudes, and habits of mind that go in to making up learning power, and offers a thorough explanation of what its intentions and guiding principles are. Furthermore, in order to help those who are just setting out on their LPA journey, Guy presents teachers with an attractive menu of customisable strategies and activities to choose from as they begin to embed the LPA principles into their own classroom culture, and also includes at the end of each chapter a Wondering section that serves to prompt reflection, conversation, and action among teachers. Suitable for teachers and leaders in all educational settings, *The Learning Power Approach* carefully lays the groundwork for a series of books to follow that are specifically tailored to primary teaching, secondary teaching, and school leadership.

This volume explores the scientific frontiers and leading edges of research across the fields of anthropology, economics, political science, psychology, sociology, history, business, education, geography, law, and psychiatry, as well as the newer, more specialized areas of artificial intelligence, child development, cognitive science, communications, demography, linguistics, and management and decision science. It includes recommendations concerning new resources, facilities, and programs that may be needed over the next several years to ensure rapid progress and provide a high level of returns to basic research.

The unconscious has had a long and chequered history. For at least the last 4,000 years, societies have concocted comforting fables in the face of the recurrent puzzles of human existence - death, dreaming, madness, possession, inspiration - that invariably rely on some notion of the unconscious. Supernatural 'fairy stories' need some internal proxy or contact point through which the influence of demons and spirits can flow. And without such gods and forces, some psychological machinery is needed to take over their work. But what IS the unconscious? Is it 'God's viceroy', the soul? Is it the locked ward of Freudian desire? Is the subliminal mind the source of the sublime emotions of the Romantics? Is it the mental microchip of cognitive science? Or is it simply the brain?

In these accelerated times, our decisive and businesslike ways of thinking are unprepared for ambiguity, paradox, and sleeping on it." We assume that the quick-thinking "hare brain" will

beat out the slower Intuition of the "tortoise mind." However, now research in cognitive science is changing this understanding of the human mind. It suggests that patience and confusion--rather than rigor and certainty--are the essential precursors of wisdom. With a compelling argument that the mind works best when we trust our unconscious, or "undermind," psychologist Guy Claxton makes an appeal that we be less analytical and let our creativity have free rein. He also encourages reevaluation of society's obsession with results-oriented thinking and problem-solving under pressure. Packed with Interesting anecdotes, a dozen puzzles to test your reasoning, and the latest related research, Hare Brain, Tortoise Mind is an Illuminating, uplifting, stimulating read that focuses on a new kind of well-being and cognition.

What's the Point of School?

Building Learning Power

How New Neuroscience Explodes the Myths of the Male and Female Minds

The Learning Power Approach

How the Science of Learnable Intelligence is Changing Education

Why Your Mind Needs Your Body Much More Than It Thinks

Evolve Your Brain

The legendary comedian, actor, and writer of Monty Python, Fawlty Towers, and A Fish Called Wanda fame shares his key ideas about creativity: that it's a learnable, improvable skill. "Many people have written about creativity, but although they were very, very clever, they weren't actually creative. I like to think I'm writing about it from the inside."—John Cleese You might think that creativity is some mysterious, rare gift—one that only a few possess. But you'd be wrong. As John Cleese shows in this short, practical, and often amusing guide, creativity is a skill that anyone can acquire. Drawing on his lifelong experience as a writer, Cleese shares his insights into the nature of creativity and offers advice on how to get your own inventive juices flowing. What do you need to do to get yourself in the right frame of mind? When do you know that you've come up with an idea that might be worth pursuing? What should you do if you think you've hit a brick wall? We can all be more creative. John Cleese shows us how.

A long history of inquiry about human nature and the self stretches from the ancient tradition of Socratic self-knowledge in the context of ethical life to contemporary discussions of brain function in cognitive science. It begins with a conflict among the ancients. On one view, which comes to be represented most clearly by Aristotle, the issue is settled in terms of a composite and very complex human nature. Who I am is closely tied to my embodied existence. The other view, found as early as the Pythagoreans, and developed in the writings of Plato, Augustine and Descartes, held that genuine humanness is not the result of an integration of 'lower' functions, but a purification of those functions in favour of a liberating spirituality. The animal elements are excluded from the human essence. The modern debate on the problem of the self, although owing much to the insights of Locke and Hume, can still be situated within the context of the two schools of ancient thought, and this has led many to despair over the lack of apparent progress in this problem. Today, of course, we often tend to look to science rather than philosophy to develop our understanding of a wide range of fundamental issues. To what extent is the problem of the self a scientific issue? Can insights from the study of neuropsychology and cognitive development in infancy provide a new perspective? Can the study of schizophrenia and dissociative identity disorders tell us anything about the nature of human self-consciousness? Many would answer yes to the above questions, but then is it not also the case that the study of exceptional 'self-actualised' human experience is equally relevant? And can the phenomenological tradition, dedicated to the systematic study of human experience, and contemporary analytic approaches in philosophy help us out of some of the impasses that have bedevilled the empiricist tradition? MODELS OF THE SELF includes all these perspectives in an attempt to cast light on one of the most intractable problems in science and the humanities.

From 'one of the most influential thinkers of our time' (Sunday Times): how to respond to today's demands on our attention In this brilliant follow-up to The Case for Working with Your Hands, Matthew Crawford investigates the challenge of mastering one's own mind. With ever-increasing demands on our attention, and with capitalism increasingly invading every space, how do we focus on what's really important in our lives? Exploring the intense focus of ice-hockey players, the flow of a cook in their element, and the inherited craft of building pipe organs, Crawford argues that in order to flourish, we need to return to lives where we establish meaningful connections with objects and the people around us.

An international panel of distinguished experts explores the balance between creativity and wise action, and calls for educators to nurture "wise creativity" in their students.

Attention and the Focused Life

Powering Up Children

Why Intelligence Increases when You Think Less

Helping Young People Become Better Learners

Learn Faster, Work Smarter

Wise Up

Harnessing the Power to Create, Connect, and Inspire

Using a compelling argument that the mind works best when people trust their unconscious or underminds, psychologist Claxton makes an appeal to readers to be less analytical and let their creativity have free rein.

What does it mean to be white in a society that proclaims race meaningless yet is deeply divided by race? In the face of pervasive racial inequality and segregation, most whites cannot answer that question. Robin DiAngelo argues that a number of factors make this question difficult for whites: miseducation about what racism is; ideologies such as individualism and colorblindness; defensiveness; and a need to protect (rather than expand) our worldviews. These factors contribute to what she terms white racial illiteracy. Speaking as a white person to other white people, Dr. DiAngelo clearly and compellingly takes readers through an analysis of white socialization. She describes how race shapes the lives of white people, explains what makes racism so hard for whites to see, identifies common white racial patterns, and speaks back to popular white narratives that work to deny racism. Written as an accessible introduction to white identity from an anti-racist framework, <I>What Does It Mean To Be White? is an invaluable resource for members of diversity and anti-racism programs and study groups and

students of sociology, psychology, education, and other disciplines.

'What is a self and how can a self come out of inanimate matter?' This is the riddle that drove Douglas Hofstadter to write this extraordinary book. In order to impart his original and personal view on the core mystery of human existence - our intangible sensation of 'I'-ness - Hofstadter defines the playful yet seemingly paradoxical notion of 'strange loop', and explicates this idea using analogies from many disciplines.

"Originally published in hardcover in Great Britain as *The Gendered Brain* by The Bodley Head, an imprint of Vintage Publishing, a division of Penguin Random House Ltd., London, in 2019."--Title page verso.

The Book of Lies

The Science of Changing Your Mind

What our children really need to learn

Learning for Life in the 21st Century

Achievements and Opportunities

Refactor Your Wetware

Intelligence in the Flesh

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

The behavioral scientist author of *Just the Way You Are* presents a provocative argument that the quality of one's life is directly related to the focus of one's attention, drawing on the latest findings in neuroscience and psychology to cover such topics as the human capacity for training concentration, the ways in which the creative mind thinks, and why people deliberate on the wrong factors when making big decisions.

In *Powering Up Children: The Learning Power Approach* to primary teaching, Guy Claxton and Becky Carlzon harness the design principles of the Learning Power Approach (LPA) to provide a rich resource of effective teaching strategies for use in the primary school classroom. Foreword by Ron Berger. The LPA is a way of teaching which aims to develop all children as confident and capable learners ready, willing, and able to choose, design, research, pursue, troubleshoot, and evaluate learning for themselves, alone and with others, in school and out. This approach therefore empowers teachers to complement their delivery of content, knowledge, and skills with the nurturing of positive habits of mind that will better prepare students to flourish in later life. Building upon the foundations carefully laid in *The Learning Power Approach* (ISBN 9781785832451), the first book in the Learning Power series, Guy Claxton and Becky Carlzon's *Powering Up Children* embeds the ideas of this influential method in the context of the primary school. It offers a thorough explanation of how the LPA's design principles apply to this level of education and, by presenting a wide range of practical strategies and classroom examples, illustrates how they can be put into action with different age groups and in different curricular areas especially relating to literacy and numeracy, but also in specific subjects such as science, history, art, and PE. Bursting with tips and techniques to get students' learning muscles stretching from a young age, the book is designed for busy primary school teachers who want to get started on the LPA journey as well as for those who have already made good progress and are looking for fresh ideas. The central chapters are structured around thematic clusters of the LPA's design principles, and follow a common format: 1. First, the authors explain why the design principles focused on are important; including what's in it for the teacher and what's in it for the children. 2. Next, they offer a menu of practical low-risk tweaks to classroom practice that enable teachers to engage with the design principles and experience some quick wins. 3. Then they provide some ideas about how to embed the principles more deeply in the ongoing life of the classroom including some rich lesson examples from across the primary age range, and from different school subjects. 4. Finally, they address some of the common bumps and issues that may crop up along the way, and offer advice to help teachers overcome such potential obstacles. Suitable for both newly qualified and experienced teachers of learners aged 3 to 11.

Rapt

Rediscovering the Heart of Education

Expansive Education

New Kinds Of Smart: Teaching Young People To Be Intelligent For Today'S World

Creativity, Wisdom, and Trusteeship

The Future of Teaching

And the Myths That Hold It Back