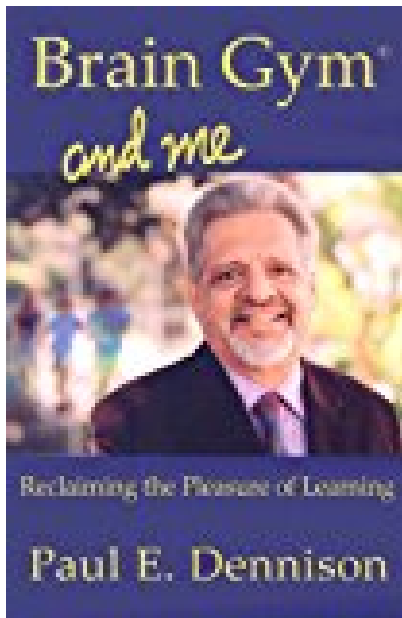


Brain Gym and Me - Reclaiming the Pleasure of Learning



BOOK DETAILS

- Author : Paul E. Dennison
- Pages : 266 Pages
- Publisher : Edu Kinesthetics
- Language : English
- ISBN : 0942143116

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BOOK SYNOPSIS

How to build bounce-back kids, families, schools, and communities is the theme of *Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities*. It is edited by internationally recognized resiliency expert, trainer, and consultant Nan Henderson, M.S.W., whose publications are used in more than 25 countries. The book is a research-based, practical guide for educators, counselors, parents, community organizers, and mentors and is filled with the latest strategies for helping children, families, schools, and communities bounce back from risk, stress, trauma, and adversity. More than two dozen experts in the fields of child, family, organizational, and community resiliency contributed to the book, which challenges a widely accepted myth about people especially young people, who experience risks, stress, trauma, and adversity in their lives, according to Henderson. Contrary to popular opinion, the majority of these individuals, over time, do bounce back and do well. There is a growing body of scientific research from several fields that documents this fact and yields important information as to what can be done every day to facilitate this process of overcoming. This book is really three books in one: it contains the most recent research, hands-on and practical strategies, and stories of resilient individuals and best practices. The book includes 60 chapters grouped in seven sections: The Foundations of Resiliency, Resiliency and Schools, Resiliency and Communities, Resiliency Connections (Mentoring, Support, and Counseling), Resiliency and Youth Development, Resiliency and Families, and Resiliency and the Brain.

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