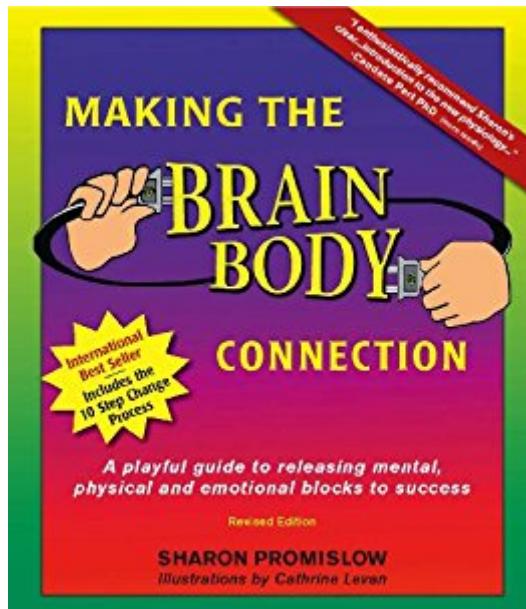


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# Making The Brain/Body Connection



## **Synopsis**

Making the Brain Body Connection is one of the top 100 best selling books in Cognitive Psychology, and has been embraced by the mass market and professionals alike for its playful, yet effective, approach to changing behavior, enhancing performance & increasing learning potential. Based on the latest neuroscience this international best seller provides a comprehensive array of techniques, pulled from eastern and western health practices, to help you feel better, be more effective and deal with life changes easily & effectively. The book culminates with the 10 Step Change Process, providing a strong framework for working through any personal issue effectively. Making the Brain/Body Connection gives readers a clear understanding of the elements necessary to achieve permanent change in how they feel and perform, and a template that can be used to deal with all aspects of their life. A practical and completely refreshing way to approach the mind-body connection, this book is designed and cartoon illustrated for brain friendly reading and quick reference.

## **Book Information**

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## **Customer Reviews**

This is the book I have been looking for for a long time. We had private BrainGym classes with a

BrainGym instructor to help my son's social skills and attention. It worked fine. But it is just too expensive (\$85/hour). What she did to my son is just what the book describes about ten step change process. In brainGym it is called repatterning/balance. It is very powerful. I would like to learn. So I can do it for my son. But none of BrainGym books give you complete description/steps to do it. Instead they recommend you to take their classes/workshop for several hundred dollars to learn it. It is like a secret. And you need to pay several hundred dollars in order to get the secret. This book is so good and it gives comprehensive instructions. And it tells the secret. And it is easy to follow and implement. I recommend everybody get it and try it. It will work on many areas.

As an artist, I deal often with eyestrain, stiffness... and of course, procrastination. The brilliance of this book is that it provides physical activities one can perform to make you feel better. I love the eye exercises; when I start to get a little fuzzy I take a few minutes to do them, and I instantly experience sharper vision. The emotional balancers are really great when you're feeling tense, or just as a relaxer before you go to bed. I appreciate the overviews for each section, and the notes pages so I can keep track of my favorite activities, or which ones work best for me. NB: The section 4 activities on "recharging your battery" are great for getting you out of your rut when you don't feel like doing anything. You should definitely try these instead of coffee! Ms. Promislow explains why her activities work in a simple and fun way. All in all, a very helpful book. I think everybody with a brain should have it... and keep it somewhere you can use it every day. PS I LOVE the cartoons!

This is a unique book that makes recent knowledge from brain studies and kinesiology so accessible to anyone with interest in this area. The illustrations and text complement each other in providing a basic understanding of our brain/body communication, stress and our electric body. They also help us to master very practical exercises (many borrowed from Brain Gym) for balancing and integration. This is an essential book for all parents and teachers. Future education can no longer neglect the brain/body connection. [The name of the illustrator has been changed from Laura Loucks in the 1998 Canadian edition to Catherine Levans in the 1999 US edition. They are the same person. There are also very minor changes in the US edition.]

Using this book has helped reduce my stress quite a bit. My wife gave it to me and I wasn't sure it would work very well. In my line of work it's tough to unwind at the end of the day. Now instead of pouring a drink I turn to the quick six and in just a few minutes I feel like I am back to normal again. I'm still doing it and it gets easier every day.

I bought this book for myself, but once I started reading it, I realized that it was the answer to some problems my children were having. The exercises are simple enough for children to do and soon my kids were using lazy 8s in class to help them with their exams. I didn't realize that it would help their grades as much as it did. Thanks!

I'm not much for reading, but this book made it easy. I could scan the summary pages and get what I was looking for without a lot of reading. The good stuff is the Quick 6. I use it to get through the tough days. Try it. it works.

Based on reviews, I was so certain I would like this book, I ordered 2--one for a gift. I was hugely disappointed. The information would have fit in a pamphlet instead of spread out in an oversized book with big margins. I don't like being repeatedly told what I am about to read and then re-reading it at least two more times, sometimes on the same page, and it is riddled with unnecessary cutesy drawings. I have found very similar information free on the internet.

Ms. Promislow has developed material simply, yet deeply, to allow the reader a very clear understanding of the brain's functions. More importantly, she has not separated the brain function away from the body's dynamics. She uses the pathways of the body to retrain the learning process. The illustrations are humorous, provide witty relief, and appeal to the child within. The material has been excellently researched, and a fine bibliography is added. Along with my praise of her book, I commend Ms. Promislow for her ability to credit the many people who paved the road to brain function. This book is an excellent "how-to" manual for young and old and can help to defuse many learning dis-abilities.

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