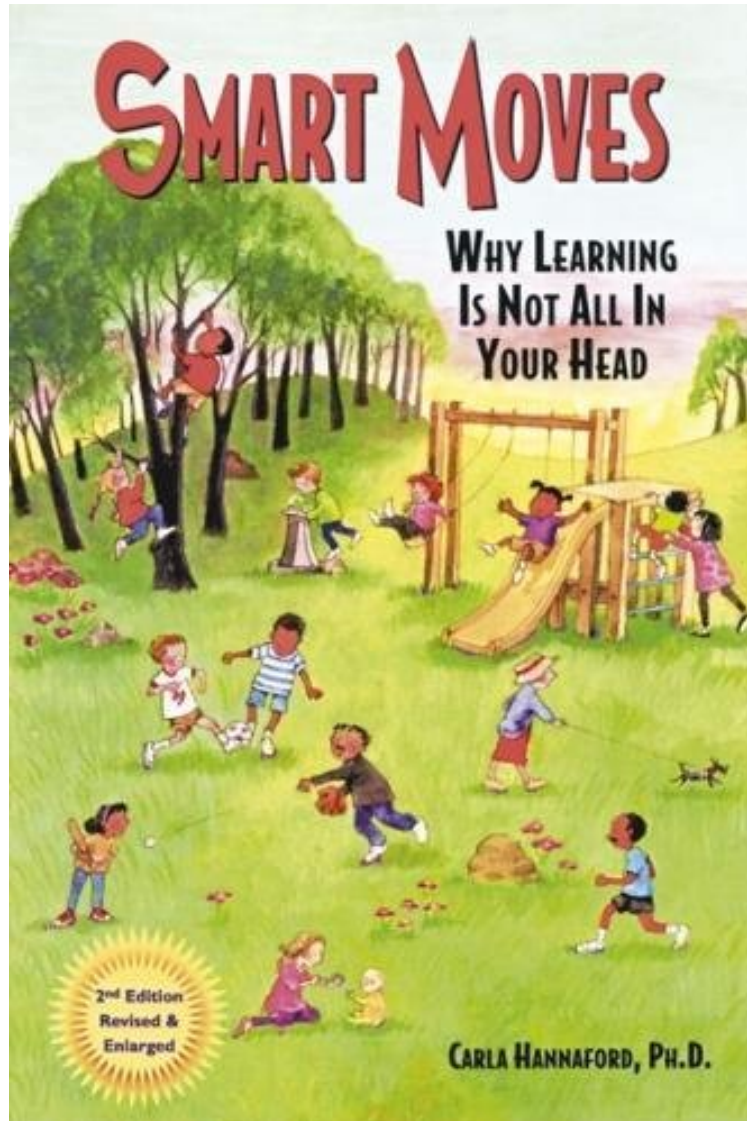


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Smart Moves: Why Learning Is Not All in Your Head

Carla Hannaford

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which gave a good understanding of the brain development and the connection it has to movement. I found it strangely a page turner since the information was so interesting and explained succinctly. 0 of 0 people found the following review helpful. A review of Smart Moves. By JFO This is a very good book. Excellent.

Neurophysiologist and educator Dr. Carla Hannaford brings the latest insights from scientific research to questions that affect learners of all ages. Examining the body's role in learning, from infancy through adulthood she presents the mounting scientific evidence that movement is crucial to learning. Dr. Hannaford offers clear alternatives and remedies that people can put into practice right away to make a real difference in their ability to learn. She advocates more enlightened educational practices for homes and schools including: a more holistic view of each learner; less emphasis on rote learning; more experiential, active instruction; less labeling of learning disabilities; more physical movement; more personal expression through arts, sports and music; less prescribing of Ritalin and other drugs whose long term effects are not even known.

About the Author Carla Hannaford, Ph.D. is a biologist and award winning educator with more than thirty years of teaching experience. Since 1988, she has been an internationally recognized educational consultant presenting lectures and workshops to thirty countries. Her books are available in nine different languages. Carla Hannaford, Ph.D. is a biologist and award winning educator with more than thirty years of teaching experience. Since 1988, she has been an internationally recognized educational consultant presenting lectures and workshops to thirty countries. Her books are available in nine different languages.