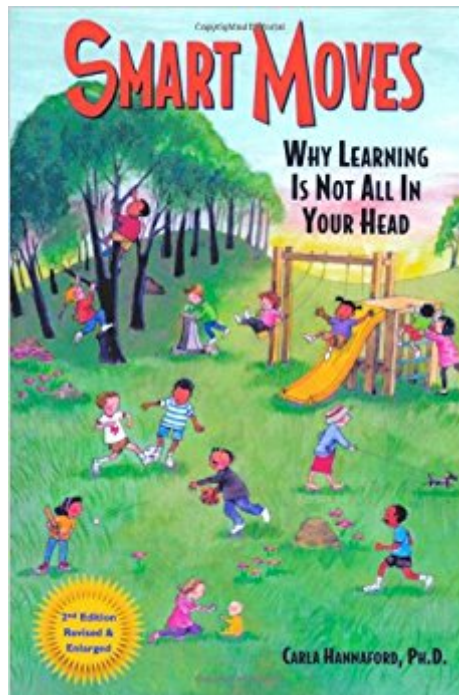


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# Smart Moves: Why Learning Is Not All In Your Head



## Synopsis

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.

## Book Information

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## Customer Reviews

A revised and enlarged edition of this classic (1995) has just been published. Carla is always at the cutting-edge. Her insights have been confirmed by advances in neuro-sciences and all of the first edition are still valid. But it is good to have some additional new input from the past 10 years. I'll first select a few quotes as appetizer. Candace Pert, from Georgetown University, in her Introduction, admits that Carla "has also highlighted new research and insights which go beyond my 1999 book *Molecules of Emotion*... Learning is naturally a pleasurable experience and Carla Hannaford shows us how to return to that state as she explores the research, and ways and means of achieving the optimal learning environment." Carla in concluding her Preface: "It has been a wonderful experience to bring forward so much new research, which strongly supports our need as human beings to

connect, love, laugh, play and share music with each other to make each moment the best learning experience possible. I invite and challenge you to partake of the new findings of science, and to explore simple ways to optimize our experience and that of our children, to live more complete, passionate, creative, satisfying lives."An important up-date is the heart-brain connection, more elaborated in her excellent book: *Awakening the Child Heart: Handbook for Global Parenting*. Other short, but significant up-date reports are interspersed throughout the book. There are more expansions in Chapters 11: The Vestibular System, and 12: Fight and Flight--The Stress Effect on Learning. Additional paragraphs on oxytocin and dopamine in relation to learning have been included. Those who don't mind being distracted by more neuro-chemistry, may find *Why We Love* and *The Edge Effect* also interesting. There are some changes and additional diagrams and photos. I'm glad that Carla's own artistic sketchings are all kept. This book is a "must" for every parent and educator.

This book talks about the causes of the problem (difficulty learning, difficulty connecting to others, and difficulty feeling comfortable in ones own skin) quite courageously, since it seems somewhat taboo these days to question our frantic pace and de-humanizing style of life. More to the point, she provides a great many excellent measures to rectify the problem. These measures are not instant solutions in the sense that trying them once is transformative, but some effect should be seen in the beginning and the effect builds with continued practice. Though the exercises may seem bizarrely unrelated to the objective, it is because they work largely by bringing the vestibular (balance) and autonomic nervous system back into balance. We are so alienated from these systems that we don't recognize the maneuvers that 'wake them up'.

This book is easy to follow and is a great resource for those interested in improving functioning, particularly in children. The brain research included in the book is outstanding, maybe a little overwhelming for a lay person not used to reading this type of information, but made to be as user friendly as possible. One school I'm in has used some of the basic principles presented in the book with noticeable positive results in a very short time. This book is worth the money and time spent reading.

I'm a former teacher, current family lawyer, mother of a nine year old, and homeschooled last year. My daughter's current tutor recommended this book, and a lot of pieces are beginning to fall into place. Coordination, reluctance to ride a bike. I wish I'd had this book 10 years ago.

As a Z Health and Functional Movement Screen Performance Specialist, an RKC Kettlebell Instructor and a former Corporate Trainer; I have found this book invaluable... and I'm not even half way through it yet!! use a highlighter to mark areas that I find I will want to come back and reference and so far virtually every page is highlighted. Dr. Hannaford doesn't fill the pages with fluff, there is a lot of applicable education about the human nervous system, the different sensory systems of the body and how they all interact. By understanding how neural plasticity works we can determine how we CAN get people walking again, learning into their old age, make ourselves more coordinated and more intelligent, prevent Alzheimer's, eliminate ADD and many types of Autism. The human brain and nervous system is an amazing piece of equipment and Dr. Hannaford breaks it down into understandable chunks. She also provides real examples that both her and others have used to make amazing changes in both adults and children with ailments that were formerly thought of as irreversible and only treatable with drugs. Despite the cover which looks like a kids book (you will get it once you understand that physical play makes you smarter) this is a book written for the dedicated professional. The information would have helped me in my Corporate Training years but now as a strength & fitness trainer and someone who helps others get out of pain, it helps me even more so. Anyone who teaches languages, sports, or anything for that matter; or anyone who helps people get out of pain such as Chiropractors, PTs, etc. must get this book. Train Like An ATHLETE Not A Hamster! Brian Copeland, RKC, PFS[...][...]brian@bccorefitness.com

This book has been so helpful to me that I have given it as a gift to friends who are educators. I recommend it to anyone who has the desire to understand the many facets of learning, especially with children who are challenged with focus issues, inattention and hyperactivity. I finally understand why some kids rock their chairs in class, balancing, back and forth, and why, when you make them stop, they also stop learning! I also understand my own learning challenges, and where I got off track as a child. I can't tell you the answers -- you'll have to read the book. :-)

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