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 by Dee Joy Coulter, Ed.D. © 2002
 \$22.95

[a new upper level high school and college workbook;
 8 ½ x 11 format, 114 pages, © 2002]

This interactive text is enriched with questionnaires, checklists, suggestions for personal experiments, student discoveries and stories to accompany its neurological information. In the first two of the seven units, readers discover how their particular body can best support their mind and then explores ways to cultivate the will as a powerful resource for generating new scholarly skills. The next two units examine learning channels, learning stages and temperaments, cognitive states and ways to dissolve learning obstacles.

Then the reader is ready to explore the more traditional cognitive issues in a new light. Memory, learned helplessness, attention, organization, reading and writing are all presented in fresh ways that invite a transformation of one's relationship to thinking. The text closes with a unit on befriending two major learning obstacles, dyslexia and closed head injuries and discovering the gifts that accompany those particular learning challenges.

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