



Suggested Brain Book List ~ For Anyone!

✓ **Music to Enhance Concentration by Sonic Aid** I found this in Canada, haven't looked for it since, try Amazon.com It is based upon matching brain wave vibrations during concentration which is between 12 to 18 pulses per second. It is good background music to play when students are working silently. Does it work? They say they have proof, but I think it is nice "white noise" They also had music for resting and physical activity.

✓ **Enriching the Brain by Eric Jensen** by far my favorite with many applications to teaching

✓ **Deep Survival by Laurence Gonzales** Gonzales starting with a story about his father (and does not let on the rest of the story until the very end) he follows several real scenarios of life and death situations people experienced and matches it to what happens when the brain makes decisions. Very inspiring.

✓ **Brain Matters by Patricia Wolfe** The "original" and was used in a class I took. A quick read with the basics.

✓ **Secrets of the Teenage Brain by Sheryl Feinstein** Think you know these teenage students? There is much more going on inside their heads that we could imagine. Very good read.

✓ **Teaching with the Brain in Mind by Eric Jensen** Prior to "enriching" again he gives many applicable lessons following the structural knowledge of how the brain learns

✓ **Stumbling on Happiness by Daniel Gilbert** I just finished this two weeks ago. It is NOT how we can become happy, but happiness becomes us. Not so pedagogical, but it does help to understand how predicting the way we would feel when something happens is unrealistic.

✓ **Worksheets Don't Grow Dendrites; 20 Instructional Strategies that Engage the Brain by Marcia L. Tate.** Many great ideas for all subjects here.

✓ **How The Brain Learns by David A. Sousa.** Excellent. Very in depth for those committed to brain based learning.