

## Suggested Readings

- Annot, Robert, M.D., *The Biology of Success*. New York: Little, Brown & Co., 2001.
- Batmanghelidj, F. M.D., *Your Body's Many Cries for Water*. Falls Church, VA: Global Health Solutions, 1992.
- Benson, Herbert, *The Relaxation Response*. New York: Avon Books, 1975.
- Benson, Herbert, *The Breakout Principle*, New York: Scribner, 2004.
- Braverman, Eric R. M.D., *The Edge Effect: Total Health and Longevity with the Balanced Brain Advantage*, New York: Sterling Publishing CO, Inc., 2005.
- Burns, E. Timothy, *From Risk to Resiliency: A Journey With Heart for Our Children, Our Future*. Dallas: Marco Polo Publications, 1994.
- Burns, E. Timothy, *BrainGain/BrainDrain: Teaching Teens to Build a Better Brain*, Curriculum, Santa Fe, NM: Educare, 2006.
- Buzzell, Keith, M.D., *Children of Cyclops: The Effects of Television Watching on the Developing Human Brain*. Association of Waldorf Schools, 1998.
- Diamond, Marion and Hopson, J. *Magic Trees of the Mind*. New York: Dutton, 1998.
- Doidge, Norman, M.D., *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science*. New York: Penguin Books, 2007.
- Fischer, Kurt .W., & Immordino-Yang, M.H. "The Fundamental Importance of the Brain and Learning for Education." In Jossey-Bass reader on *The Brain and Learning*, San Francisco: Jossey-Bass. 2008.
- Gershon, Michael, M.D., *The Second Brain*. New York: Harper/Collins, 1998.
- Goldberg, Elkhonon. *The Executive Brain: Frontal Lobes and the Civilized Mind*. New York: Oxford University Press, 2001
- Healy, Jane M., *Endangered Minds: Why Children Don't Think and What We Can Do About It*. New York: Touchstone Books, 1990.
- Hirsh-Pasek, Kathy and Golinkoff, Roberta. *Einstein Never Used Flash Cards: How Our Children REALLY Learn -- and Why They Need to Play More and Memorize Less*. Rodale Publ. 2003.
- Holick, Michael, M.D., Ph.D., *The UV Advantage*. Lanham, MD: National Book Network, 2005
- Huttonlocher, Peter, R., M.D., *Neural Plasticity: The Effects of Environment on the Development of the Cerebral Cortex*. Boston: Harvard University Press, 2002
- Kotulak, Ronald. *Inside the Brain: Revolutionary Discoveries of How the Mind Works*. Kansas City: Andrews McMeel Publishing, 1997.
- Mednick, Sara. *Take a Nap: Change Your Life*. New York: Workman Press, 2006.
- Mirjana Maletic-Savatic, et al. "Magnetic Resonance Spectroscopy Identifies Neural Progenitor Cells in the Live Human Brain," *Science*, November 9 2007, Vol. 318. no. 5852, pp. 980 - 985.
- McLean, Paul, *The Triune Brain in Evolution: Role in Paleocerebral Functions*. New York: Plenum Press. 1990.
- Pearce, Joseph C., *Evolution's End: Claiming the Potential of Our Intelligence*. San Francisco: Harper-Collins, 1992.
- Robbins, Jim, *A Symphony in the Brain: The Evolution of the New Brain Wave Feedback*. New York: Grove Press, 2000.

- Rossi, Ernest, *The 20 Minute Break: The New Science of Ultradian Rhythms*, LA: Tarcher, 1991
- Rossi, Ernest, *The Psychobiology of Gene Expression*. WW Horton and Co: New York, 2002.
- Russell, Ronald (Editor), *Focusing the Whole Brain: Transforming Your Life with Hemispheric Synchronization*. Hampton Roads Publ., 2004.
- Siegel, Daniel J., M.D., *Mindsight: The New Science of Personal Transformation*. New York: Bantam Books, 2010.
- Smith, L. Jean Piaget. In J. A. Palmer (Ed.), *50 Modern Thinkers on Education: From Piaget to the Present*. London: Routledge. 2001
- Sax, Leonard, MD. *Why Gender Matters: What Parents and Teachers Need to Know About the Emerging Science of Sex Differences*. New York: Broadway Books, 2005.
- Schwartz, Jeffrey, M., M.D., *The Mind and the Brain: Neuroplasticity and the Power of Mental Force*, New York: HarperCollins, 2002.
- Stoll, Andrew, M.D., *The Omega-3 Connection*. New York: Simon and Schuster, 2001.