



## The Woman Who Changed Her Brain: How I Left My Learning Disability Behind and Other Stories of Cognitive Transformation

By Barbara Arrowsmith-Young

Simon & Schuster. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.3in. x 5.5in. x 0.9in. Barbara Arrowsmith-Young was born with severe learning disabilities. As a child, she read and wrote everything backward, struggled to comprehend language, and was continually getting lost. But by relying on her formidable memory, she made her way to graduate school, where she chanced upon research that inspired her to invent cognitive exercises to fix her own brain. *The Woman Who Changed Her Brain* interweaves her personal tale with riveting case histories from more than thirty years of her work with both children and adults. People with learning disorders have long been told that such difficulties are a lifelong condition. In clear and lucid writing, *The Woman Who Changed Her Brain* refutes that message, demonstrating with fascinating anecdotes that anyone with a learning disability can be radically transformed: Arrowsmith-Young is a living example. She founded the Arrowsmith School in Toronto in 1980 and then the Arrowsmith Program to train teachers to implement this effective methodology in schools all over North America. This remarkable book by a brilliant pioneer deepens our understanding of how the brain works. Our brain shapes us, and this book offers clear and...



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