

Free To Learn: Why Unleashing The Instinct To Play Will Make Our Children Happier, More Self Reliant, And Better Students For Life

A leading expert in childhood development makes the case for why self-directed learning -- "unschooling" -- is the best way to get kids to learn. In *Free to Learn*, developmental psychologist Peter Gray argues that in order to foster children who will thrive in today's constantly changing world, we must entrust them to steer their own learning and development. Drawing on evidence from anthropology, psychology, and history, he demonstrates that free play is the primary means by which children learn to control their lives, solve problems, get along with peers, and become emotionally resilient. A brave, counterintuitive proposal for freeing our children from the shackles of the curiosity-killing institution we call school, *Free to Learn* suggests that it's time to stop asking what's wrong with our children, and start asking what's wrong with the system. It shows how we can act -- both as parents and as members of society -- to improve children's lives and to promote their happiness and learning. Education has become synonymous with schooling, but it doesn't have to be. As schooling becomes increasingly standardized and test driven, occupying more of childhood than ever before, parents and educators are questioning the role of schooling in society. Many are now exploring and creating alternatives. In a compelling narrative that introduces historical and contemporary research on self-directed education, *Unschooled* also spotlights how a diverse group of individuals and organizations are evolving an old schooling model of education. These innovators challenge the myth that children need to be taught in order to learn. They are parents who saw firsthand how schooling can dull children's natural curiosity and exuberance and others who decided early on to enable their children to learn without school. Educators who left public school classrooms discuss launching self-directed learning centers to allow young people's innate learning instincts to flourish, and entrepreneurs explore their disillusionment with the teach-and-test approach of traditional schooling.

"For students to thrive and achieve their personal best, they require a growth mindset, gift and wellbeing. *Thrive* draws on the best currently available evidence from the fields of psychology, education and neuroscience and relates it in practical ways for educators and parents."--Back cover.

It ' s within the power of each and every school to unleash the best in teachers, day by day, month by month, year by year. This practical handbook takes the guesswork out of professional learning, showing school leaders how they can build a self-improving culture and remove barriers to learning. David Weston and Bridget Clay set out their advice for how every school can bring in the best ideas from the whole system, and make sure that these have a lasting effect in the classroom. Packed full of examples, easy-to-use ideas and checklists, *Unleashing Great Teaching* brings together a vast body of experience gained by the Teacher Development Trust (UK), and shows how other schools can learn from these insights. From fostering a culture of evaluating impact to establishing good relationships, communication and a developmental culture, this book takes each and every aspect of the school system and reassesses its role as a driver of teacher and student success. An invaluable resource for leaders at any level within the schooling system, *Unleashing Great Teaching* will open doors and inspire leaders, teachers, students and communities to learn about learning.

Thrive

Unleashing Great Teaching

Unleashing the Power of Collaborative Inquiry

Healthy Eating, Healthy World

What You Can Learn from the Most Inexcusable Business Failures of the Last 25 Years

A Scandinavian Mom's Secrets for Raising Healthy, Resilient, and Confident Kids (from Friluftsliv to Hygge)

Creative Confidence

Daring & Disruptive

Heutagogy, or self-determined learning, redefines how we understand learning and provides some exciting opportunities for educators. It is a novel approach to educational practice, drawing on familiar concepts such as constructivism, capability, andragogy and complexity theory. *Heutagogy* is also supported by a substantial and growing body of neuroscience research. *Self-Determined Learning* explores how heutagogy was derived, and what this approach to learning involves, drawing on recent research and practical applications. The editors draw together contributions from educators and practitioners in different fields, illustrating how the approach can be used and the benefits its use has produced. The subjects discussed include: the nature of learning, heutagogy in the classroom, flexible curriculum, assessment, e-learning, reflective learning, action learning and research, and heutagogy in professional practice settings.

From one of the greatest spiritual leaders of the twentieth century, *Creativity: Unleashing the Forces Within* will inspire you to nurture your inner ideas and innovations--and apply them in every aspect of your life. As Osho points out in this book's foreword, historically, the creative person has been all but forced to rebel against the society. But nowadays, the situation has dramatically changed. In today's world, the ability to respond creatively to new challenges is demanded of everybody, from corporate CEOs to "soccer moms." Those whose toolbox for dealing with life includes only what they have learned in the past from their parents and their teachers are at a distinct disadvantage both in their relationships and in their careers. Making a switch from imitative and rule-bound behavior to creative innovation and flexibility requires a profound change in our attitudes about ourselves and our capabilities. *Creativity* is a handbook for those who understand the need to bring more creativity, playfulness, and flexibility to their lives. It's a manual for thinking "outside the box"--and learning to live there as well. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the *Sunday Times* of London as one of the "1000 Makers of the 20th Century" and by *Sunday Mid-Day* (India) as one of the ten people--along with Gandhi, Nehru, and Buddha--who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching

seekers of all ages in virtually every country of the world.

In his latest book, internationally renowned educator and futurist Marc Prensky presents a compelling alternative to how and what we teach our children. Prensky argues that a routinely taught combination of mathematics, language arts, science, and social studies increasingly leaves the bulk of our students woefully unprepared for the future. Drawing on emerging world trends, he elaborates a comprehensive vision for K-12 education that includes new goals, new means, a new curriculum, a new kind of teaching, and a new use of technology. This is a book ultimately about developing young people's capacity to accomplish things that will make the world a better place, using means never before available. It offers an innovative and achievable vision for a Global Future Education that will better prepare all students from diverse backgrounds. Following the author's original ideas about Digital Natives and Digital Immigrants, this volume promises to have an important impact on the educational conversations over the coming years. Visit the book website at Bettertheirworld.org.

In his latest book, author and educator Joseph Berk explores the best techniques for stimulating creative thinking, creating new products, improving existing products, and solving design challenges. Surprisingly, even those of us who are paid to be creative often need help. Most of us lose much of our natural creativity by the time we finish high school, but we can regain it through the techniques included in *Unleashing Engineering Creativity*. This is exciting and fun material, and *Unleashing Engineering Creativity* presents it in an interesting and engaging manner. Many organizations and engineers rely on brainstorming as their primary creative and inventive tool, but this simplistic approach often fails to stimulate creativity in a meaningful way. *Unleashing Engineering Creativity* goes far beyond brainstorming. This book explores powerful new creativity stimulation approaches and provides recommendations for overcoming self-imposed obstacles. The title says it all. If you want to unleash your engineering creativity, this book will help you and your organization attain significant creativity improvements.

The Power of Play

Unleashing Passion, Purpose, and Performance in Younger Generations

Unleashing Engineering Creativity

Self-Determined Learning

Learning All The Time

Quantum Learning

Unleashing the Forces Within

Unleashing the Creative Potential Within Us All

Enjoy the ride of your life with the Wall Street Journal bestseller None of us can expect to get through life without any challenges. Life isn't always a constant daydream of unbridled pleasure and happiness. But that doesn't mean you can't approach everything with some zing - a big dose of positive energy is what you need to feel great, be successful and love life! And the international bestselling The Energy Bus can help you live your life in a positive, forward-thinking way. Learn the 10 secrets that will help you overcome adversity and harness the power of positive, infectious energy, so that you can create your own success. International bestselling author Jon Gordon draws on his experience of working with thousands of leaders and teams to provide insights, actionable strategies and positive energy. The Energy Bus: Shows you how to ditch negativity and infuse your life with positive energy Provides tools to build a positive team and culture Contains insights from working with some of the world's largest companies Foreword by Ken Blanchard, co-author of The One-Minute Manager

Unleashing the Power of Diversity provides a clear tool to create a common language across teams and organisations that reinforces positive identity, builds trust towards people and processes, supports innovation and helps make diversity sustainable. The complex problems that many organisations and teams now face are global in scope, including cultural, social and environmental issues. Challenges such as climate change, mass migration and human rights do not respect national borders or sociodemographic groups. In order to solve these complex problems, we need the skills to be able to communicate effectively across the differences that may otherwise divide us. In this ground-breaking book, award-winning consultant and author, Bjørn Z. Ekelund, presents a clear step-by-step approach to communicate with people who have different mindsets, perspectives and cultural backgrounds. It is relevant and applicable across various contexts - within the workplace, inter-professional, across different industries and cultures, and between corporate, governmental and NGO groups. The programme developed in the book, called the Diversity Icebreaker, has been successfully applied across 70 countries and with 250,000 participants. It shows how to break down these barriers and provides a new way to conceptualise diversity across various boundaries, allowing for trust and unity to form and creating a pathway for improving communication.

Featuring updated research, grade-specific individual and group activities, and suggestions for assessment, this resource outlines how teachers can inspire their students to become self-motivated learners.

"This book is your chance to learn from others' mistakes."-- Entrepreneur In the 1960s, IBM CEO Tom Watson called an executive into his office after his venture lost \$10

million. The man assumed he was being fired. Watson told him, "Fired? Hell, I spent \$10 million educating you. I just want to be sure you learned the right lessons." There are thousands of books about successful companies but virtually none about the lessons to be learned from those that crash and burn. Now Paul Carroll and Chunka Mui draw on research into more than 750 flameouts to reveal the seven biggest reasons for business failure.

Super Brain

Unleash the Science of Learning

Answering Why

The Data Coach's Guide to Improving Learning for All Students

The Secrets to the Most Effective Teacher Development

How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children

The Harm of Coercive Schooling

Rise Above Any Challenge, Expand Your Impact, and Be the Hero the World Needs

Theory is one thing; empirical evidence is another. Is it true that children can educate themselves well, without coercion or coaxing, when provided with a supportive environment and plenty of opportunity to play, explore, observe, and socialize? In this collection of essays, developmental psychologist Peter Gray presents evidence from a variety of sources that this indeed is true. One essay points out the amazing amount that little children learn before anyone attempts to teach them in any formal way. Another presents evidence from anthropological research that children in hunter-gatherer cultures educated themselves well, for life in their culture, with no formal instruction. This is followed by an essay summarizing the results of research showing that graduates of the Sudbury Valley School—a school designed for Self-Directed Education—have succeeded very well in higher education, jobs, and life in general. The final seven essays all deal with the results of research, conducted by Peter Gray and Gina Riley, into unschooling families and the lives of adults who grew up unschooled. "Unschooling" here is defined as the variety of homeschooling in which children are not subjected to an imposed curriculum but are allowed to follow their own interests and thereby educate themselves.

A developmental psychologist argues that children who are freed to follow their own interests through self-directed play will become better learners and achievers than the way they learn in modern school, which he says shows them that learning is work and not fun. 15,000 first printing. Language and the way that people communicate has evolved over time, now you can learn how to effectively use your voice in the most effective way possible in order to get your message across. Every time we open our mouths, we have an effect on ourselves and the way others perceive us. The ability to speak clearly and confidently can make or break a presentation, an important meeting, or even a first date. Now, with the advent of Skype, YouTube, podcasting, Vine, and any number of reality talent competitions, your vocal presence has never been more necessary for success or more central to achieving your dreams. Roger Love has over 30 years of experience as one of the world's leading authorities on voice. Making use of the innovative techniques that have worked wonders with his professional clients, Love distills the best of his teaching in Set Your Voice Free, and shares exercises that will help readers bring emotion, range, and power to the way they speak. This updated edition incorporates what he's learned in the last 15 years as the Internet and talent competitions have completely changed the role your voice plays in your life. These are the new essentials for sounding authentic, persuasive, distinctive, and real in a world that demands nothing less.

A manual for relating to the brain in a revolutionary new way, Super Brain shows you how to use your brain as a gateway for achieving health, happiness, and spiritual growth. The authors are two pioneers: bestselling author and physician Deepak Chopra and Harvard Medical School professor Rudolph E. Tanzi, one of the world's foremost experts on the causes of Alzheimer's. They have merged their wisdom and expertise for a bold new understanding of the "three-pound universe" and its untapped potential. In contrast to the "baseline brain" that fulfills the tasks of everyday life, Chopra and Tanzi propose that, through a person's increased self-awareness and conscious intention, the brain can be taught to reach far beyond its present limitations. "We are living in a golden age for brain research, but is this a golden age for your brain?" they ask. Super Brain explains how it can be, by combining cutting-edge research and spiritual insights, demolishing the five most widespread myths about the brain that limit your potential, and then showing you methods to: -Use your brain instead of letting it use you -Create the ideal lifestyle for a healthy brain -Reduce the risks of aging -Promote happiness and well-being through the mind-body connection -Access the enlightened brain, the gateway to freedom and bliss -Overcome the most common challenges, such as memory loss, depression, anxiety, and obesity Your brain is capable of incredible healing and constant reshaping. Through a new relationship with your brain you can transform your life. In Super Brain, Chopra and Tanzi guide you on a fascinating journey that envisions a leap in human evolution. The brain is not just the greatest gift that Nature has given us. It's the gateway to an unlimited future that you can begin to live today.

Unlocking the Truth about Student Performance

Compassion Inc.

How to Get the Singing or Speaking Voice You Want

Unleashing the Power of Imagination to Create the Future We Want

How to Open Minds for Good

Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being

Reclaiming the Wonder in Your Child's Education, A New Way to Homeschool

Unleashing Your Infinite Potential

If you're eager to share the wonders of life in the real world with your children, to help them explore a world larger and more exciting than school's four walls and rigid programs can offer, let me share my unschooling experience with you. Thinking about homeschooling? Curious about unschooling? Walk with me as I share the five paradigm-changing ideas about learning and living that freed my family from the school schedule. With over ten years of experience, I have come to see how key these ideas were, and still are, to our unschooling lives. With stories, examples, and clear language, *Free to Learn* explores the depth and potential of unschooling. Learning freely, living joyfully. The essence of John Holt's insight into learning and small children is captured in *Learning All The Time*. This delightful book by the influential author of *How Children Fail* and *How Children Learn* shows how children learn to read, write, and count in their everyday life at home and how adults can respect and encourage this wonderful process. For human beings, he reminds us, learning is as natural as breathing. John Holt's wit, his gentle wisdom, and his infectious love of little children bring joy to parent and teacher alike.

"Peter Gray...forces us all to rethink our convictions on how schools should be designed to accommodate the ways that children learn." --Steven Pinker In *Free to Learn*, developmental psychologist Peter Gray argues that in order to foster children who will thrive in today's constantly changing world, we must entrust them to steer their own learning and development. Drawing on evidence from anthropology, psychology, and history, he demonstrates that free play is the primary means by which children learn to control their lives, solve problems, get along with peers, and become emotionally resilient. A brave, counterintuitive proposal for freeing our children from the shackles of the curiosity-killing institution we call school, *Free to Learn* suggests that it's time to stop asking what's wrong with our children, and start asking what's wrong with the system. It shows how we can act--both as parents and as members of society--to improve children's lives and to promote their happiness and learning.

Be inspired to transform your business to change the world. Do you ever wonder how successful businesses can be used as a force for good? Do you sometimes feel conflicted by the principles of capitalism? Do you wish to change the world around you whilst doing what you love? In this book, Gaurav Sinha, world-class businessman and entrepreneur, founder of Insignia in 2003, outlines the economics of empathy for life and for business. He offers actionable solutions to maintaining a successful trade in a changing global landscape where conscience, ethics, and authenticity are high on the agenda. The world is changing, perceptions are shifting, consumers are evolving, and this book will ensure your business keeps up.

The Energy Bus

Five Ideas for a Joyful Unschooling Life

Free to Learn

Unleashing the Desire to Learn

Unleashing the Genius in You

Relentless

Creativity

Unleashing a Life of Purpose, Grit, and Faith

Identifies different learning styles and offers strategies for increasing learning potential and improving memory skills

*Allow your children to experience the adventure, freedom, and wonder of childhood with this practical guide that provides all the information, inspiration, and advice you need for creating a modern, quality homeschool education. Inspired by the spirit of Henry David Thoreau—"All good things are wild and free"—mother of five Ainsley Arment founded Wild + Free. This growing online community of mothers and families want their children to receive a quality education at home by challenging their intellectual abilities and nurturing their sense of curiosity, joy and awe—the essence of a positive childhood. The homeschool approach of past generations is gone—including the stigma of socially awkward kids, conservative clothes, and a classroom setting replicated in the home. The Wild + Free movement is focused on a love of nature, reading great books, pursuing interests and hobbies, making the entire world a classroom, and prolonging the wonder of childhood, an appealing philosophy that is unpacked in the pages of this book *The Call of the Wild and Free* offers advice, information, and positive encouragement for parents considering homeschooling, those currently in the trenches looking for inspiration, as well as parents, educators, and caregivers who want supplementary resources to enhance their kids' traditional educations. *Bridge the Gap and Reach the Why Generation* If you've ever struggled to motivate the young people in your sphere of influence, *Answering Why* is the game-changer you've been looking for. From the urgent skills gap crisis to the proven strategies to inspire our youngest generations, *Answering Why* addresses the burning questions faced by educators, employers, and parents everywhere. Author, CEO, and generational expert Mark C. Perna shares his wide experience and profound success as both a single dad and performance consultant for education and workforce development across North America. Readers will be empowered to: • Embrace the branch-creak crisis moments of life • Make meaningful, productive connections with the Why Generation (anyone under 40 today) • Bring relevance, self-discovery, and passion to the learning process *The Why Generation* is asking a serious question, and it's time to answer it. This book will help awaken the incredible potential of young people everywhere and spur them to increased performance on all fronts, so they can make a bigger difference—which is exactly what they want.*

*IDEO founder and Stanford d.school creator David Kelley and his brother Tom Kelley, IDEO partner and the author of the bestselling **The Art of Innovation**, have written a powerful and compelling book on unleashing the creativity that lies within each and every one of us. Too often, companies and individuals assume that creativity and innovation are the domain of the "creative types." But two of the leading experts in innovation, design, and creativity on the planet show us that each and every one of us is creative. In an incredibly entertaining and inspiring narrative that draws on countless stories from their work at IDEO, the Stanford d.school, and with many of the world's top companies, David and Tom Kelley identify the principles and strategies that will allow us to tap into our creative potential in our work lives, and in our personal lives, and allow us to innovate in terms of how we approach and solve problems. It is a book that will help each of us be more productive and successful in our lives and in our careers.*

Balanced and Barefoot

Evidence That Self-Directed Education Works

Strategies That Promote Student Engagement

Free Range Learning

Unleashing the Power of Empathy in Life and Business

How Homeschooling Changes Everything

Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-reliant, and Better Students for Life

There's No Such Thing as Bad Weather

Unleash powerful teaching and the science of learning in your classroom **Powerful Teaching: Unleash the Science of Learning** empowers educators to harness rigorous research on how students learn and unleash it in their classrooms. In this book, cognitive scientist Pooja K. Agarwal, Ph.D., and veteran K-12 teacher Patrice M. Bain, Ed.S., decipher cognitive science research and illustrate ways to successfully apply the science of learning in classrooms settings. This practical resource is filled with evidence-based strategies that are easily implemented in less than a minute—without additional prepping, grading, or funding! Research demonstrates that these powerful strategies raise student achievement by a letter grade or more; boost learning for diverse students, grade levels, and subject areas; and enhance students' higher order learning and transfer of knowledge beyond the classroom. Drawing on a fifteen-year scientist-teacher collaboration, more than 100 years of research on learning, and rich experiences from educators in K-12 and higher education, the authors present highly accessible step-by-step guidance on how to transform teaching with four essential strategies: Retrieval practice, spacing, interleaving, and feedback-driven metacognition. With **Powerful Teaching**, you will: Develop a deep understanding of powerful teaching strategies based on the science of learning Gain insight from real-world examples of how evidence-based strategies are being implemented in a variety of academic settings Think critically about your current teaching practices from a research-based perspective Develop tools to share the science of learning with students and parents, ensuring success inside and outside the classroom **Powerful Teaching: Unleash the Science of Learning** is an indispensable resource for educators who want to take their instruction to the next level. Equipped with scientific knowledge and evidence-based tools, turn your teaching into powerful teaching and unleash student learning in your classroom.

Originally published: Australia: Messenger Group, 2014.

Develop, expand, and share your gifts as a leader to inspire others to use their own individual talents in extraordinary ways—from one of the country's most sought-after motivational speakers with a 30+ year career in franchise development. In **Unleashing Your Hero**, renowned speaker Kevin Brown shares how the heroes who transformed his life are people just like you. People who stepped up and used their talents to make a positive difference within the hectic moments of everyday life. The same person your employees are looking to and trusting in for guidance and support. Through his real-life examples and stories, Kevin will: Provide you with a new definition of what it means to be a hero who inspires others to rise above and beyond in extraordinary ways. Unpack the four characteristics of a hero, based on the entertaining and enlightening true stories of heroes who entered and forever enriched his life. Help you recognize the extraordinary gifts within you and learn how to share those gifts to make life better for yourself and those you influence. The unconventional yet probable path to business and personal success outlined in **Unleashing Your Hero** will help you and those you lead build extraordinary, fulfilling, impactful lives—at a time when your employees and your organization need the hero within you more than ever.

Bringing Up Bébé meets **Last Child in the Woods** in this "fascinating exploration of the importance of the outdoors to childhood development" (Kirkus Reviews) from a Swedish-American mother who sets out to discover if the nature-centric parenting philosophy of her native Scandinavia holds the key to healthier, happier lives for her American children. Could the Scandinavian philosophy of "There's no such thing as bad weather, only bad clothes" hold the key to happier, healthier lives for American children? When Swedish-born Linda Åkeson McGurk moved to Indiana, she quickly learned that the nature-centric parenting philosophies of her native Scandinavia were not the norm. In Sweden, children play outdoors year-round, regardless of the weather, and letting babies nap outside in freezing temperatures is common and recommended by physicians. Preschoolers spend their days climbing trees, catching frogs, and learning to compost, and environmental education is a key part of the public-school curriculum. In the US, McGurk found the playgrounds deserted, and preschoolers were getting drilled on academics with little time for free play in nature. And when a swimming outing at a nearby creek ended with a fine from a park officer, McGurk realized that the parenting philosophies of her native country and her adopted homeland were worlds apart. Struggling to decide what was best for her family, McGurk embarked on a six-month journey to Sweden with her two daughters to see how their lives

would change in a place where spending time in nature is considered essential to a good childhood. Insightful and lively, *There's No Such Thing as Bad Weather* is a fascinating personal narrative that illustrates how Scandinavian culture could hold the key to raising healthy, resilient, and confident children in America.

Unschooling

Education to Better Their World

Set Your Voice Free

Unleashing the Power of Plant-Based Nutrition

From What Is to What If

The Call of the Wild and Free

Unleashing the Entrepreneur

The Unleashing

John Tesh has achieved more in life than he ever dreamed possible. But the road to success has been anything but easy—and those challenges have become the secret to his success. Through his story, we can learn how to be relentless, how to achieve what we didn't think was possible, and how to handle our inevitable discouragements. *Relentless* will show you how to... Stop worrying about short-term failures and start discovering how to turn them into stepping stones to success. Discover the secret to being steadfast when things don't work out like you expected. Shift your perspective from disappointment to positive learning opportunities when faced with a setback. Learn powerful lessons for personal growth that you can immediately apply to your life. In this engrossing memoir, Tesh describes how the obstacles that shaped him—including being suspended from college, living homeless for months, and facing a deadly disease—shaped his remarkable life. You'll hear, in never-before-told stories, how Tesh became the youngest correspondent at WCBS News less than thirty-six months after he was working at a gas station and performing in a public park. You'll go inside the unconventional way he composed the now-iconic theme song for NBC Sports basketball. You'll learn how he and his wife, Connie Sellecca, created the popular, nationally-syndicated *Intelligence for Your Life* radio program. From live commentary for two Olympic Games to his decade-long role as co-host of *Entertainment Tonight* and the outrageous *John Tesh Show* that resulted in one of the most successful Public Television concert specials in history, you'll learn how Tesh applied his unique process of focused practice, grit, and perseverance while maintaining a single-minded pursuit of his goals. In 2015, he fought and received treatment for a stage-three cancer diagnosis, but when the cancer returned, he and his wife turned to relentless faith and divine healing scriptures to manifest a victory over the disease. *Relentless* is an astonishing story of how obstacles create opportunity and how faith will lead to triumph.

The founder of the international Transition Towns movement asks why true creative, positive thinking is in decline, asserts it's more important now than ever, and suggests ways our communities can revive and reclaim it. In these times of deep division and deeper despair, if there is a consensus about anything in the world, it is that the future is going to be awful. There is an epidemic of loneliness, an epidemic of anxiety, a mental health crisis of vast proportions, especially among young people. There's a rise in extremist movements and governments. Catastrophic climate change. Biodiversity loss. Food insecurity. The fracturing of ecosystems and communities beyond, it seems, repair. The future—to say nothing of the present—looks grim. But as Transition Towns movement cofounder Rob Hopkins tells us, there is plenty of evidence that things can change, and cultures can change, rapidly and unexpectedly—for the better. He has seen it happen around the world and in his own town of Totnes, England, where the community is becoming its own housing developer, energy company, enterprise incubator, and local food network. The cascading benefits to the community that extend far beyond the projects themselves. We do have the capability to effect change, Hopkins argues, but we're failing because we've largely allowed our most critical tool to languish: human imagination. As defined by social reformer John Dewey, imagination is the ability to look at things as if they could be otherwise. The ability to ask *What if?* And if there was ever a time when we needed that ability, it is now. Imagination is central to empathy, to creating better lives, to envisioning and then enacting a positive future. Yet imagination is also demonstrably in decline at precisely the moment when we need it most. In this passionate exploration, Hopkins asks why imagination is in decline, and what we must do to revive and reclaim it. Once we do, there is no end to what we might accomplish. *From What Is to What If* is a call to action to reclaim and unleash our collective imagination, told through the stories of individuals and communities around the world who are doing it now, as we speak, and witnessing often rapid and dramatic change for the better.

Children, like all human beings, crave freedom, but they are not free in school. Schools operate by methods of coercion (a "request" in school is really an order), enforced with reward, punishment, and threats. Coercion interferes with children's natural joy-filled and interest-filled ways of learning and turns learning into "work." In this collection of essays, developmental psychologist Peter Gray describes also how schooling promotes bullying, cheating, and showing off; contributes to high rates of anxiety, depression, and even suicide among students; aims to push everyone, regardless of the shape of their personality, through the same square holes; and leads to a lifetime of anxiety dreams. The last two essays show how the harm has moved down even to the youngest students, caused by the misbelief that academic training should start in kindergarten and before. This collection is for everyone who cares about children's wellbeing.

Why is it that most of the principles and ideas we are inspired with when we read leadership books rarely end up leaving the page? Because we've learned what successful leaders are doing, as well as why we should be implementing it ourselves, but we have no idea how we can specifically do all this in our unique circumstances. *Leadership Step by Step* walks readers through what to do and how to do it by taking them through an integrated and comprehensive progression of exercises designed to cultivate abilities, behaviors, and beliefs through experience. Each chapter opens with a story demonstrating a vital leadership skill, but doesn't stop there. Because next it guides you through the process of developing that skill for yourself! By the end of the 21 exercises in this hands-on book, readers will learn to:

- Build self-awareness
- Manage emotions
- Speak in an authentic voice
- Create meaningful connections
- Inspire others
- And much more!

Don't be content with simply learning what makes a great leader. Take the time to put in the work building those character traits inside you. Be that leader you've read so much about!

Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life

Powerful Teaching

Unleashing the Power of Relationships in Today's Schools

Metahuman

Unleashing the Power of Diversity

Leadership Step by Step

Significant 72

Become the Person Others Follow

Today's parents often worry that their children will be at a disadvantage if they are not engaged in constant learning, but child development expert David Elkind reassures us that imaginative play goes far to prepare children for academic and social success. Through expert analysis of the research and powerful examples, Elkind shows how creative, spontaneous play fosters healthy mental and social development and sets the stage for academic learning in the first place. An important contribution to the literature about how children learn, *The Power of Play* restores play's respected place in children's lives and encourages parents to trust their instincts to stay away from many of the dubious educational products on the market.

"Angela Hanscom is a powerful voice for balance." —Richard Louv, author of *Last Child in the Woods* In this important book, a pediatric occupational therapist and founder of TimberNook shows how outdoor play and unstructured freedom of movement are vital for children's cognitive development and growth, and offers tons of fun, engaging ways to help ensure that kids grow into healthy, balanced, and resilient adults. Today's kids have adopted sedentary lifestyles filled with television, video games, and computer screens. But more and more, studies show that children need "rough and tumble" outdoor play in order to develop their sensory, motor, and executive functions. Disturbingly, a lack of movement has been shown to lead to a number of health and cognitive difficulties, such as attention deficit/hyperactivity disorder (ADHD), emotion regulation and sensory processing issues, and aggressiveness at school recess break. So, how can you ensure your child is fully engaging their body, mind, and all of their senses? Using the same philosophy that lies at the heart of her popular TimberNook program—that nature is the ultimate sensory experience, and that psychological and physical health improves for children when they spend time outside on a regular basis—author Angela Hanscom offers several strategies to help your child thrive, even if you live in an urban environment. Today it is rare to find children rolling down hills, climbing trees, or spinning in circles just for fun. We've taken away merry-go-rounds, shortened the length of swings, and done away with teeter-totters to keep children safe. Children have fewer opportunities for unstructured outdoor play than ever before, and recess times at school are shrinking due to demanding educational environments. With this book, you'll discover little things you can do anytime, anywhere to help your kids achieve the movement they need to be happy and healthy in mind, body, and spirit.

The authors illustrate how to use data as a catalyst for significant, systematic, and continuous improvement in instruction and learning. Includes a CD-ROM with slides and reproducibles.

Is it possible to venture beyond daily living and experience heightened states of awareness? Deepak Chopra says that higher consciousness is available here and now. "Metahuman helps us harvest peak experiences so we can see our truth and mold the universe's chaos into a form that brings light to the world."—Dr. Mehmet Oz, attending physician, New York–Presbyterian, Columbia University New York Times bestselling author Deepak Chopra unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. How does one do this? By becoming metahuman. To be metahuman, however, isn't science fiction and is certainly not about being a superhero. To be metahuman means to move past the limitation constructed by the mind and enter a new state of awareness where we have deliberate and concrete access to peak experiences that can transform people's lives from the inside out. Humans do this naturally—to a point. For centuries the great artists, scientists, writers, and many so-called ordinary people have gone beyond the everyday physical world. But if we could channel these often bewildering experiences, what would happen? Chopra argues we would wake up to experiences that would blow open your body, mind, and soul. Metahuman invites the reader to walk the path here and now. Waking up, we learn, isn't just about mindfulness or meditation. Waking up, to become metahuman, is to expand our consciousness in all that we think, say, and do. By going beyond, we liberate ourselves from old conditioning and all the mental constructs that underlie anxiety, tension, and ego-driven demands. Waking up allows life to make sense as never before. To make this as practical as possible, Chopra ends the book with a 31-day guide to becoming metahuman. Once you wake up, he writes, life becomes transformed, because pure consciousness—which is the field of all possibilities—dawns in your life. Only then does your infinite potential become your personal reality.

10 Rules to Fuel Your Life, Work, and Team with Positive Energy

Heutagogy in Action

Billion Dollar Lessons

Unleashing Your Hero

Unleashing the Power of 21st-Century Kids

Raising Curious, Well-Educated Children Outside the Conventional Classroom

Learning What Comes Naturally

Imagine that the New York Times tomorrow released some amazing news. A health treatment has been discovered that literally cures most forms of heart disease. But not just that. This treatment has a dramatic impact on most of the diseases Westerners face, including cancer, obesity, autoimmune diseases, diabetes, osteoporosis, Alzheimer's, and many many others. And this treatment is so inexpensive to administer that two-thirds of the medical establishment can be shut down as no longer serving any useful function. It's really too much to believe, isn't it? But there's more. This treatment has miraculous implications for the environment. By applying this treatment, we can eliminate the largest source of global warming, and dramatically reduce the waste that is polluting our water supply. We'll also dramatically improve the health and animal population of our oceans and seas. And there's more. By applying this treatment, we'll dramatically increase the supply of arable land, lowering the cost food and allowing us to feed everyone on this planet. Starvation can become a thing of the past. And one last thing. This treatment also has enormous moral implications, allowing us to eliminate almost all of the pain and suffering we are inflicting on the animals, most of which is hidden away from view, but is morally repulsive to anyone exposed to this suffering. Now what if I told you that we don't have to wait for tomorrow's New York Times, that this treatment has been found, and that the amount of scientific data supporting the claims I just made is overwhelming. The "miracle" treatment is simple. It's eating a whole grain, plant-based diet. Skeptical? I'm not surprised. But by the end of this book you'll be exposed to the overwhelming amount of evidence that supports every claim made above. You'll also get to hear the

counterarguments made by skeptics and you'll get to decide for yourself whether these claims are true. It's my hope that by the end of this book you'll be convinced and join our movement. You may just save your life and the planet in the bargain. This revolutionary book is *Healthy Eating -- Healthy World: Unleashing the Power of Plant-based Nutrition* by J. Morris Hicks, and it is the book that finally tackles all compelling reasons for adopting a plant-based diet -- from the environment to solving the world's hunger crisis. Additionally, T. Colin Campbell, acclaimed author of the bestselling book *The China Study*, provides a riveting foreword to *Healthy Eating -- Healthy World*. After reading this book, it'll be nearly impossible to ignore the truth: people were not meant to eat animals or animal products, and the time has come to stop.

With more kids at home now . . . here is a book for parents, family members and friends who want to maximize this time for a deeper learning experience for their children and themselves. *Free Range Learning* will encourage and excite those who want their children to reap important benefits from this period of "sheltering in place," learning at home. This is a book for anyone simply wanting some fresh ideas at this time, or those who wonder if a commitment to ongoing homeschooling might actually result in longer term benefits! The material in this book is backed by scientific and educational studies, along with the testimonies of scores of parents and kids from around the world. The work here is applicable for young people from pre-school through high school. Studies indicate that adults who were homeschooled are: * More likely to vote, volunteer and be involved in their communities than graduates of conventional schools. * Read more books than average. * More likely to have taken college level courses than the population as a whole. * Tend to be independent and self-reliant. Children are naturally "free range" learners. They build knowledge and skills naturally, within the full spectrum of their daily lives, while observing, exploring and pursuing their interests. This book guides any parent or educator in assisting that process.

After being stabbed in an alley, former Marine Kera Watson is brought back from death by a supernatural warrior and transformed into one of the Crows, a group of women assassins loyal to a Norse goddess.