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## Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul

By Brown Stuart & Vaughan Christopher

Scribe Publications, 2010. Paperback. Book Condition: New. 1. 12.9 x 19.8 cm. We've all seen the happiness in the face of a child while playing in the schoolyard. Or the blissful abandon of a golden retriever racing with glee across a lawn. This is the joy of play. By definition, play is purposeless and all-consuming. And, most important, it's fun. As we become adults, taking time to play feels like a guilty pleasure ? a distraction from 'real' work and life. But as Dr. Stuart Brown illustrates, play is anything but trivial. It is a biological drive as integral to our health as sleep or nutrition. In fact, our ability to play throughout life is the single most important factor in determining our success and happiness. Play explains why play is essential to our social skills, adaptability, intelligence, creativity, ability to problem solve, and more. Play is hardwired into our brains ? it is the mechanism by which we become resilient, smart, and adaptable people. Beyond play's role in our personal fulfilment, its benefits have profound implications for child development and the way we parent, education and social policy, business innovation, productivity, and even the future of our society. From...



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### Reviews

*This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- Ally Reichel

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

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