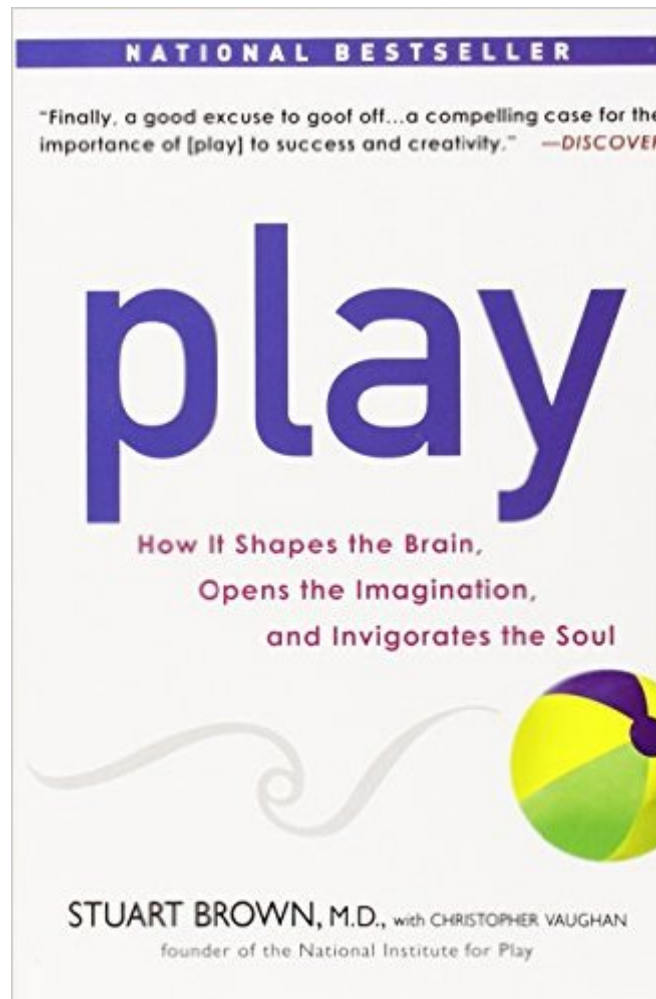


The book was found

Play: How It Shapes The Brain, Opens The Imagination, And Invigorates The Soul



Synopsis

Read Stuart Brown's posts on the Penguin Blog. From a leading expert, a groundbreaking book on the science of play, and its essential role in fueling our happiness and intelligence throughout our lives. We've all seen the happiness on the face of a child while playing in the school yard. Or the blissful abandon of a golden retriever racing across a lawn. This is the joy of play. By definition, play is purposeless, all-consuming, and fun. 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. We are designed by nature to flourish through play. Dr. Brown has spent his career studying animal behavior and conducting more than six-thousand "play histories" of humans from all walks of life—from serial murderers to Nobel Prize winners. Backed by the latest research, *Play* (20,000 copies in print) explains why play is essential to our social skills, adaptability, intelligence, creativity, ability to problem solve and more. Particularly in tough times, we need to play more than ever, as it's the very means by which we prepare for the unexpected, search out new solutions, and remain optimistic. A fascinating blend of cutting-edge neuroscience, biology, psychology, social science, and inspiring human stories of the transformative power of play, this book proves why play just might be the most important work we can ever do.

Book Information

Paperback: 240 pages

Publisher: Avery; Reprint edition (April 6, 2010)

Language: English

ISBN-10: 1583333789

ISBN-13: 978-1583333785

Product Dimensions: 5.5 x 0.6 x 8.3 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (117 customer reviews)

Best Sellers Rank: #16,620 in Books (See Top 100 in Books) [#100 in Books > Self-Help > Creativity](#) [#123 in Books > Health, Fitness & Dieting > Psychology & Counseling > Social Psychology & Interactions](#) [#238 in Books > Health, Fitness & Dieting > Mental Health > Happiness](#)

Customer Reviews

I've got some mixed feelings about this one. The basic premise of the book is a very interesting one, as the subtitle says it discusses "how play shapes the brain, open the imagination and invigorates

the soul". The author, Dr. Stuart Brown, is the founder of the National Institute for Play and seems like a prominent researcher in that field. The book is divided into two parts: part one "Why Play?" and part two "Living a Playful Life" and is well written, fluent, and easy to follow. However, the main problem of the book, at least for me, is that most of the information in the book seems like typical common knowledge that I've already saw and read before in other places: newspapers, parenthood magazines, popular TV shows, etc. For example of so called common knowledge I can give the importance of cubs play in the animal kingdom to the development of hunting skills or social status. In addition, as the definition of "play" in the book is an extremely general one, basically almost every day activity, under some assumptions, can be classified as "play". As such the author can interpret almost every behavior as play and arrive to various conclusions. Another problem is that the book feels at times, especially while reading part two, as a regular "live better" or "personal enlightenment" type of reading which describes simplified insights like that it is better if your daily work resembles a play (with the typical examples such as a doctor who started to bake breads as an hobby to eventually quitting his job at the hospital to develop his bread business). I guess we all know it, but I expected the book to present a more scientific insights to that common knowledge, but couldn't find any.

[Download to continue reading...](#)

Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul
Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment)
Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity)
Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power)
Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love, Spiritual Partner)
My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook
Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health
BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training)
Grain Brain Audiobook: David Perlmutter
GRAIN BRAIN Audio CD: Grain Brain David Perlmutter
Brain Games #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered))
Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games

(Numbered)) Craps: Strategy! Casino Craps Strategy For Shooting Dice To Win At Craps! (How To Play Craps, Gambling, Las Vegas, Black Jack, Thinking Fast, Brain Power, Brain Training)
Pok  mon Go: Best Guide to Play Pok  mon Go. Learn All Sneaky Tricks and Play Like A Pro. +
Ways To Play Pok  mon Go On Your PC: (Unofficial Pokemon Go Guide, ... Go) (Pokemon Go Secrets, Pokemon Go Tricks) The Moral Imagination: The Art and Soul of Building Peace Free Spirit: A Coloring Book for Calming Your Mind, Freeing Your Imagination, and Igniting Your Soul
Southern Cooking Cookbooks: southern cooking recipes Collection Of the Best, Healthy, Delicious And Recommended Soul Food Cookbook (soul food for diabetes,Southern Cookbook): Best Fried Chicken Chicken Soup for the Bride's Soul: Stories of Love, Laughter and Commitment to Last a Lifetime (Chicken Soup for the Soul) Chicken Soup for the Fisherman's Soul: Fish Tales to Hook Your Spirit and Snag Your Funny Bone (Chicken Soup for Soul) Chicken Soup for the Fisherman's Soul: Fish Tales to Hook Your Spirit and Snag Your Funny Bone (Chicken Soup for the Soul)
Chicken Soup for the Grandma's Soul: Stories to Honor and Celebrate the Ageless Love of Grandmothers (Chicken Soup for the Soul)

[Dmca](#)