



## Positively Smarter: Science and Strategies for Increasing Happiness, Achievement, and Well-Being

By Marcus Conyers, Donna Wilson



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*Positively Smarter* brings together seven principles for connecting the science of neuroplasticity to practical strategies for enhancing the synergy of happiness, achievement, and physical well-being. Moving beyond common myths, the text builds an evidence-based paradigm to empower readers to take practical steps to move forward.

- Brings together current research on cognitive psychology, education (learning), and implications of neuroscience to suggest powerful ways to enhance the kind of cognitive function and productivity that leads to happiness and success
- Applies implications of current research showing that happiness is a skill and that positive affect can lead to higher levels of creative problem solving, productivity, achievement, and well-being
- Shares research and strategies for supporting physical activity and nutrition that may enhance neuroplasticity, cognitive performance, and positive affect
- Puts learners first and then brings in the science, presenting creative or adaptive strategies that can be applied in the real world
- Includes action assessments to guide readers in taking concrete steps to achieve the goals they set for themselves
- Identifies deeply held assumptions that innate talent, genes, socioeconomic status, and ethnicity mean that a significant percentage of the population lacks the neurocognitive potential to achieve at higher levels
- Draws on the authors' research from a broad range of fields in order to maximize the positive impact of a synergistic approach

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**Positively Smarter: Science and Strategies for Increasing Happiness, Achievement, and Well-Being** By Marcus Conyers, Donna Wilson **Bibliography**

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### Editorial Review

#### Review

“A fine book that authoritatively communicates the increasing scientific base to empower educators with solid evidence to improve their professional practice and enhance their own well-being. Former works appropriately had to add *perhaps* and *maybes* to much of the text.”

Robert Sylwester, EdD, University of Oregon

“This book is a captivating read that contains definitive and clear steps to guide the reader on the path to becoming ‘positively smarter.’ More than a typical ‘self-help’ book, *Positively Smarter* provides real, attainable direction for every reader!”

Lisa Holder Lohmann, EdD, University of Central Oklahoma

“*Positively Smarter* supports parents as they seek strategies that will support their children in an environment that is changing at record speed.”

Kelly Rose, EdD, The Out-of-Door Academy

“*Positively Smarter* is a wonderful resource and thoughtful compilation of ground-breaking research and discoveries into the complex phenomenon of personal success. The integration of scientific data, personal vignettes, and practical suggestions for making positive changes in one’s life drives home the idea that with effort, perseverance, hope, and setting realistic goals, we can all succeed.”

Carol Mikulka, MD Psychiatrist, Founder and President, Walden School

#### From the Back Cover

*Positively Smarter* brings together seven principles for connecting the science of neuroplasticity to practical strategies for enhancing the synergy of happiness, achievement, and physical well-being. Moving beyond common myths and misconceptions that these three areas of life are largely driven by innate talent, genes, and external circumstances, the text builds an evidence-based paradigm so readers can take practical steps to improve cognitive function. The authors have drawn their research from a broad range of fields in order to maximize the positive impact of a synergistic approach.

This pioneering book explores research on the big ideas that can have a positive influence on – and even transform – our lives by focusing on practical learning strategies. The text provides the science, structures, and strategies for creating a more effective system, so that learners are equipped to achieve goals and realize more of their unique potential across the learning life span.

#### About the Author

Marcus Conyers and Donna Wilson are codevelopers of curriculum for the master’s and educational specialist degrees with majors in brain-based teaching and a doctoral minor in brain-based leadership with Nova Southeastern University. They are authors of numerous books including, *Five Big Ideas for Effective Teaching: Connecting Mind, Brain, and Education Research to Classroom Practice*, (2013).

**Marcus Conyers** is founder of the Center for Innovative Education and Prevention and an international speaker on increasing higher-order thinking skills, achievement, and well-being.

**Donna Wilson**, PhD, is an educational psychologist and teacher educator who completed postdoctoral studies in structural cognitive modifiability. Former chair of education of the University of Detroit Mercy, she is an adjunct professor at NSU.

## **Users Review**

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#### **Paul McKinney:**

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#### **Carolyn Hoar:**

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**Robert Long:**

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